



Everything Herbal

by Cheryl Jabz



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Sage White Bean Dip

A creamy, protein-rich dip
with earthy sage flavor.
Perfect with crackers,
vegetables, or toasted
baguette slices.



INGREDIENTS

- 1 can (15 oz) white beans,
drained
- 1 tbsp olive oil
- 1 tsp fresh sage, chopped
- 1 garlic clove
- 1 tbsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS

- 1 Blend all ingredients
until smooth.
- 2 Adjust seasoning.
- 3 Serve chilled or at room
temperature.



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