

Serve with wholemeal pita bread and mixed vegetable sticks for a healthy catering platter.

Vegetarian  
Nut free



Healthy Choices category:

**GREEN**  
**(Best choices)**

Ingredients	10 serves	15 serves	25 serves
Butter beans, canned	450g (canned weight undrained)	750g (canned weight undrained)	1.2kg (canned weight undrained)
Lemon juice	30mL	50mL	80mL
Garlic cloves, peeled	3	5	8
Pepper	to taste	to taste	to taste
Natural yoghurt, reduced fat	300g	500g	800g

## Method

- 1 Drain beans and rinse under cold water.
- 2 Blend beans, lemon juice, garlic and pepper in a food processor until smooth.
- 3 Stir in yoghurt.
- 4 Refrigerate until required.

## Tips

- Chickpeas or cannellini beans can be used instead of butter beans.
- Add fresh herbs, such as parsley, chives or mint at Step 2 for a herbed alternative.
- For a healthy catering platter, serve dip with oven-baked wholemeal pita bread and mixed vegetable sticks, such as celery, carrot, cucumber and capsicum.
- Depending on the size of your food processor, step 2 may need to be carried out in a couple of batches.

Recipe adapted from *Healthy recipes with dairy foods*, with permission from Dairy Australia [www.dairyaustralia.com.au](http://www.dairyaustralia.com.au)

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.