Delightful Dips Recipes

White Bean and Rosemary Hummus
(recipe from Thug Kitchen: The Official Cookbook)

INGREDIENTS
3 cups white beans (canned or cooked from dry)
1/4 cup tahini
1/4 cup vegetable broth or water
3 Tbsp balsamic vinegar
2 garlic cloves, minced
1 Tbsp fresh rosemary, minced
1 Tbsp Capers, minced (optional)
Dippers (vegetables, pita chips, pretzels, etc.)

INSTRUCTIONS
Blend all ingredients in blender or food processor until smooth. Refrigerate for 30 minutes if possible. Serve with dippers.

Black Bean & Corn Salsa
(recipe adapted from https://shewearsmanyhats.com/black-bean-corn-salsa-recipe/)

INGREDIENTS
1 can (14 1/2 ounces) diced tomatoes, well drained
1 can (8 3/4 ounces) whole kernel corn, well drained
2 cans black beans, drained and rinsed
2 tablespoons chopped red onion
2 tablespoons fresh lime juice
1 tablespoon olive oil
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro
Chili powder, to taste
Cumin, to taste
Tortilla chips, for dipping

INSTRUCTIONS
Stir all ingredients in large bowl. If possible, chill before serving with tortilla chips.
Chickpea Cookie Dough Dip

INGREDIENTS
1.5 cups chickpeas, rinsed
⅛ tsp salt
⅛ tsp baking soda
2 tsp vanilla extract
¼ cup nut butter of choice
Up to ¼ cup milk of choice
¾ cup brown sugar
⅓ cup chocolate chips
2-3 tbsp oats or flaxseed meal
Dippers (graham crackers, vanilla wafers, fruit, etc.)

INSTRUCTIONS
Use food processor to blend all ingredients except the chocolate chips. Stir in chocolate chips and enjoy!