

Side | Snack

Herbed White Bean Spread on Toast

Side Effect: Constipation

10 Mins
Prep Time

0 Mins
Cook Time

8
Servings

 **170 Calories** **9g Fat** **20g Carbs** **5g Protein**



Ingredients

 **8 Servings**  **10 Mins Total Time**  **Allergens: None**

2 Cups Cannellini Beans, drained and **rinsed** if canned 

1 Tbsp Lemon Juice, **washed thoroughly** before juicing

2 Tbsp Extra Virgin Olive Oil

1 Clove Garlic, peeled and sliced

2 Tbsp Red Wine Vinegar

½ Tsp Dijon Mustard

½ Tsp Kosher Salt

3 Tsp Fresh Thyme, **washed** and removed from the stem

¼ Cup Fresh Basil, **washed** and torn into small pieces

Fresh Ground Black Pepper, to taste

Whole Grain Baguette, sliced 

Nourishment Note



Whole Grain Bread

Whole grain bread contains insoluble fiber. Insoluble fiber helps to draw water and add bulk within the small intestines making it a great type of fiber for relieving constipation.



Cannellini Beans

Also known as white kidney beans, cannellini beans, contain a high amount of insoluble fiber. Insoluble fiber helps to draw water and add bulk, making it a great type of fiber for relieving constipation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a food processor, combine all ingredients except the fresh herbs.

3. Puree Ingredients

Puree until smooth, stopping to scrape down the sides of the bowl as needed. Add herbs. Puree again. If mixture appears too dry, add 1 tablespoon of water and blend again. Continue adding water until mixture appears slightly moist and easily spreads.

4. Prepare Toast & Enjoy

Spread on whole grain toast. Enjoy within 2 hours. Herb spread keeps well in the refrigerator for up to 3 days.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [forksoverknives.com](https://www.forksoverknives.com)

What You'll Need



Food Processor or Blender



Measuring Cup



Measuring Spoon



Cutting Board



Knife

Fatigue Buster

- Use bottled lemon juice instead of squeezing your own to help save time.
- Enlist in the help of a trusted friend or family member to help prepare this dish.
- Enjoy this spread as a dip for vegetables.