

# CREAMY AVOCADO BEAN DIP



**Make dip for the whole family with just one avocado!**

This satisfying dip is an excellent source of potassium and magnesium, two nutrients that support healthy blood pressure. It also supplies a healthy dose of fiber and protein to help keep blood sugar levels steady.

## INGREDIENTS

Serves 4 (½ cup each)

- 1, 15-ounce can of no-salt-added lima beans, chickpeas, or another white bean
- 1 ripe avocado 🍏
- 1 lime, juiced and zested 🍋
- 1-2 cloves of garlic, peeled and minced 🧄
- ¼ teaspoon kosher salt
- ½ teaspoon red chili flakes (optional)
- ½ teaspoon cumin (optional)
- ½ cup cilantro, chopped 🌿

🍏 Items are DUO-eligible for those who qualify.

## DIRECTIONS

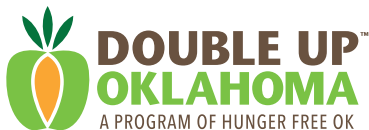
1. Drain and rinse beans, then mash in a bowl with a potato masher or fork.
2. Add avocado, lime zest and juice, garlic, salt, chili flakes, and cumin (if using) and mash together to mix all ingredients evenly.
3. Stir in chopped cilantro with a spoon or fork.
4. Use as a dip with carrot sticks or try with sliced cucumber, zucchini, or red bell pepper. This dip can also be spread on crackers, tortilla chips, or on top of toast.



**TIPS:** Leftovers can be stored in the refrigerator for 2-3 days. Chopped onions and minced jalapeños are two great additions to this dip.

**Nutrients per serving:** 231 calories, 8 g total fat (2 g saturated), 34 g total carbohydrates (11 g dietary fiber), 9 g protein, 169 mg sodium, 911 mg potassium, 54 mg calcium, 100 mg magnesium





The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and

professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian. The information provided in this education material is not intended to replace or substitute any medical advice, diagnosis, or treatment given to you by your Medical Provider or health care team.

## Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



**Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs**



**Explore More Family-Friendly Recipe Ideas**



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