

Black Bean Dip with Veggie Dippers

Ingredients:

1 cup Fiber One cereal, original
 1 large tomato, chopped
 1 can (15oz) black beans, drained
 ¼ cup water
 2 tbsp. lime juice
 ¼ cup chopped green onions
 1 clove garlic, minced
 ½ tsp. salt
 ½ tsp. ground cumin
 ½ tsp. chili powder
 ¼ - ½ tsp. hot pepper sauce
 2 tbsp. cilantro, chopped
 1 cup each, sliced; Jicama, carrot, red or yellow bell pepper
 1 cup cauliflower flowerets



Nutrition Facts

Serving Size 1/3 cup (88g)	
Servings Per Container 9	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. In food processor, process cereal until slightly crushed.
2. Add ½ cup chopped tomato, the beans, water, lime juice, onions, garlic, salt, cumin, chili powder and hot pepper sauce to cereal. Cover; process until almost smooth.
3. In 1 quart microwavable serving bowl, place bean mixture in microwave. Heat on high for 2 -3 minutes or until hot.
4. Stir in the reserved tomato and 2 tbsp. cilantro.
5. Serve with fresh mixed vegetables.