



Mung Bean & Avocado Dip

4 servings
40 minutes

Ingredients

- 1 cup Mung Beans (dry, rinsed)
- 1 Avocado (medium)
- 1 Lime (medium, juiced)
- 1/4 cup Cilantro (plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	284
Carbs	38g
Fiber	12g
Sugar	4g
Protein	14g
Cholesterol	0mg
Sodium	12mg
Vitamin A	205IU
Vitamin C	11mg
Calcium	88mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 Bring a pot of water to a boil. Add the mung beans and simmer over medium heat for 20 to 25 minutes or until cooked and tender.
- 2 Drain and rinse under cold water to cool. Transfer the beans to a food processor. Add the avocado, lime juice, cilantro, salt, and pepper, and blend until smooth.
- 3 Add the dip to a serving bowl. Top with oil, sesame seeds, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1/3 cup.