

Avocado and Bean Dip*

Servings: 6 | Prep/cook time: 10 minutes

Ingredients:

1 large avocado, halved, stone removed
1 can cannellini beans, rinsed, drained
1 clove garlic, coarsely chopped
1 tbsp. lemon juice
Salt and pepper to taste
2 tbsp. red onion, chopped
2 tbsp. reduced fat feta cheese



Directions:

1. Scoop out the avocado flesh. Using a food processor, combine the avocado, beans, garlic and lemon juice until smooth. Season with salt and pepper.
2. Transfer the mixture to a serving bowl and sprinkle with the onion and feta.

**This recipe comes from Weight Watchers. 2 PersonalPoints™ per serving*