

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Spicy Bean Spread or Dip



1 15 oz. can of beans, any type

1 tsp. mild chili salsa, chili powder, or crushed red chili peppers

1 pinch of cumin or turmeric (optional)

1/4 tsp. garlic powder, or two garlic cloves, crushed

Mash the beans with a fork, masher, or food processor with about half the liquid from the can. Mix in the spices. Serve with raw or lightly steamed vegetables or toasted pita bread.

Recipe from Eat To Live by Joel Fuhrman, M.D.