

**Recipes make approximately 2-3 cups for each dip. Easy to multiply for larger serves.**

**Method:** Process all ingredients in a food processor until smooth. Serve cold or warm.

### Mexican Bean Dip

2x 400g tins 4-bean mix, drained  
60g taco seasoning  
500g cottage cheese  
2 tbs tomato paste

### Rosemary and Cannellini Bean Dip

2x 400g tins cannellini beans, drained  
¼ cup olive oil  
2 cloves garlic  
1 tbs lemon juice  
3 sprigs fresh rosemary, use leaves only

### Avocado Hummus

2 x 400g tins chickpeas, drained  
2 x medium avocados  
2 cloves garlic  
¼ cup olive oil  
2 tbs lemon juice



## Nutrition, hints and tips

- Savoury mid-meal options provide a greater variety of flavour and nutrients on the menu.
- These recipes are all based on legumes, making them nutrient-rich and high in protein and fibre.
- Serve with crackers, bread pieces or vegetable crudités (being mindful of texture and chewing abilities of residents).
- These dips are suitable for residents on Texture Modified diets, as long as they are blended until they are smooth and lump-free and served on their own.
- Any variety of cooked bean can be used as a substitute in these recipes. Try red kidney beans, butter beans or borlotti beans instead.
- Cottage cheese, ricotta cheese or cream cheese are great bases for dips, creating a smooth and creamy consistency with additional protein and calcium.
- Use a variety of herbs and mild spices to create your own flavour combinations.
- Seek feedback from your residents about their flavour preferences when making changes to the mid-meal menu.