

Trim Healthy
W I S D O M

Black Bean Spread (E or FP)

(FP, if eaten in small amounts)

This Black Bean Spread is a versatile and healthy addition to use as a topping on our *Two-Faced Toast*, *Southwest Sandwich*, or the *Omelet Bowl* recipe. Black beans help to stabilize blood sugar, are chock full of folate, and provide healthy carbs that will help tamper down cortisol and better sensitize you to carbs in subsequent meals. Black beans are also an excellent, insulin-resistant healing carb source.

Multiple Servings

INGREDIENTS:

- 1 (15-ounce) can black beans (partially drained)
- ½ tsp [TH Mineral Salt](#)
- ½ tsp chili powder
- squeeze of fresh lime juice (optional)
- cayenne pepper to taste (optional)

INSTRUCTIONS:

1. Drain most of the liquid from the can of beans, leaving a little in.
2. Pour beans and leftover liquid into a blender, add other ingredients, and blend well.
3. Transfer to a jar with a lid and place in the refrigerator.

