

Trim Healthy
W I S D O M

White Bean Cheesy Spread (E or FP)

(depending upon amounts used for meal or snack)

This spread has a delightful, sharp cheese flavor and is great on a sandwich or wrap or even topped on a pizza crust as a light, dairy-free cheese option. It can also be a delicious dip. Enjoying this as 3–4 servings would be E. More than four servings make it an FP.

Multiple Serve

INGREDIENTS:

- 1 (15-ounce) can white beans (mostly drained)
- ¼ cup Nutritional Yeast
- ¼ cup Optimized Plant Protein Powder
- 2 tsp oil of choice (sesame oil is great) or 1 Tbs tahini
- Juice of ½ a lemon
- 1 tsp onion powder
- ¾ tsp Mineral Salt (or to taste)
- Optional 1 tsp garlic powder for garlic lovers
- Optional dash cayenne pepper for kick
- Optional sprinkle smoked paprika

INSTRUCTIONS:

1. Put all ingredients into a blender (remembering to drain most of the liquid out of the beans but keeping just a little) and blend well. Taste for flavor, and if needed, add a little more Mineral Salt, lemon, or any other seasonings. Blend

again.

2. Pour into a pint-sized jar or container, seal with a lid, and refrigerate.

Protein Nerd Notes:

Although this spread is protein-rich, unless you eat the max serving of a rounded ½ cup (⅓ of the recipe), consider this more of a protein helper. This max serving, due to the combination of beans, nutritional yeast, and optimized plant protein, gives you close to 25 grams, so it can suffice, but a more average serving of 3 tablespoons for use as a spread on a sandwich or wrap only offers you around 9 grams. In this case, you'll want to add more whole food or powder protein to your meal or snack rather than relying on it for your full protein source.