

## **BEAN DIP**

- 1 Cup Pureed Beans (Pinto, black, or kidney)
- 2 TBL Fat free sour cream
- 1 tsp ranch seasoning mix

Put all ingredients into food processor or blender. Mix until smooth. Serve with pita chips, baked corn chips, or vegetable sticks.



## **Avocado, Bean, Tomato Dip**

- 3 tomatoes, sliced and chopped
- 2 avocados diced
- 2 cups black eyed peas
- 1/8- 1/4 cup zesty Italian dressing

Slowly stir all ingredients together. Served with baked corn chips, or eat with a spoon!



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