ISSUE 10

ONE BITE

VEGAN MAGAZINE

Celebrate! 4th of July desserts

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Reviewed:
Vegan BBQ Cookbook

Is Palm Oil Vegan?

Vegan Summer Picnic Recipes

Miso, Rosemary & White Bean Dip

By Louise-Claire Cayzer

A savoury, umami filled dip that's perfect for crudites, spreading or spooning onto salads.

Servings: 3

Ingredients

- 1 400g tin white beans
- 1 small clove garlic very finely minced
- 2 tsp white miso
- 2-3 sprigs fresh rosemary finely chopped
- 1/2 juice of a lemon

Instructions

1. Drain the tin of beans and reserve the liquid

2. Whizz together all the ingredients in a food processor or blender until smooth. Add a little of the reserved liquid from the tin if you need to make it a bit smoother/wetter

3. Taste and add extra lemon, miso or rosemary as you like.

4. Serve with breadsticks, crudites or spread on a sandwich.

About the author...

Vanessa & Louise-Claire are vegan foodies and the creators of The Vegan Larder and have teamed up to create delicious, kind and sustainable foods. They aim to make veganism easy, fun and to de-mystify vegan cooking. They both love finding the yummiest food there is out there and want to share their discoveries with the world. Already blogging and involved in the vegan community for years, when they met they found a kindred spirit in each other and decided two heads were better than one to spread the vegan message! Together they help anyone interested in the vegan lifestyle from the individual just starting out or the plant-based restaurant in need of some tips.
Check out their website.