

White Bean Pesto Dip

- 1/3 c walnuts, toasted (Watch them. They toast quickly.)
- 2-3 T hemp seeds
- 1/3 c chopped parsley
- 1/4 c chopped basil
- 1/4 c grated Parmigiano cheese
- 2-3 T extra virgin olive oil
- 1 garlic head, cloves separated and roasted on tinfoil at 400F for 30 minutes
- sea salt and freshly ground black pepper to taste
- 1/2- 1 lemon, juiced plus zest from 1 lemon (Use a microplane.)
- 1 14 oz can of white beans (Rinsed and drained.)
- sliced sun-dried tomatoes, pitted black olives and capers as garnish
- 2-3 bagels: pumpernickel, black sesame, 12 grain, sliced into 1/4 inch thin rounds

Combine all ingredients except for the beans, and garnish in a VitaMix or a food processor. Blend briefly. Add the beans and blend to desired consistency. For a smoother dip, add a little water.