



# FCS FOUNDATION

## Creamy Cannellini Bean Dip

This is the perfect topping for Wasa Crispbread (Light Rye). The pleasant flavor of dill does not overpower the taste of rye.

- 15 oz can of cannellini beans (reserve 2 tbsp bean liquid, then rinse)
- 1 tbsp minced shallot
- 1 tsp juice from a fresh lemon
- ½ tsp garlic powder
- ¼ tsp-½ tsp Morton's Natures Seasoning or your favorite salt seasoning, if desired
- 2-3 tbsp fresh dill, minced

Place all ingredients, except dill, in a food processor and blend until smooth. Add dill and pulse to blend. Serve to accompany Wasa Crispbread, pretzels, carrots, or other veggies.

Makes 5 ¼ cup servings.

### Nutritional Analysis per Serving:

Serving Size: ¼ c or 1/5 of recipe

Calories: 77 Carbohydrate : 13 g Added Sugar: 0 grams Protein: 6 grams

Total Fat: 0 grams Cholesterol 0 mg Sodium: 287 mg Dietary Fiber: 4 grams

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### Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)

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