

White Bean and Roasted Red Pepper Dip | bites out of life

Recipe from [Smitten Kitchen](#)

- 28-ounce can of navy or cannelloni beans
- 7 ounces roasted red peppers
- 3 ounces cream cheese or goat cheese
- 2 cloves garlic
- juice of one lemon
- 1 tablespoon kosher salt
- salt and pepper to taste
- olive oil

1) Blend all of the ingredients, adding oil by the tablespoon until the dip reaches the desired consistency.

Oven-Baked Pita Chips | bites out of life

- 4 pitas or 8 mini-pita pockets
- salt to taste
- olive oil

1) Preheat the oven to 350°F.

2) Cut pita into wedges and spread them out on a lined baking sheet. Drizzle with olive oil and a little sea salt, bake for 20 minutes. Serve with the dip of your choice (I recommend the White Bean and Roasted Red Pepper one above ...)

From: <http://www.bitesoutoflife.com/2010/08/30/transportable-treats/>