

High Antioxidant Carrot Bean Dip with Mary's Gone Crackers

Description

[Mary's Gone Crackers](#) recently sent me a package with four of their [Super Seed Cracker](#) varieties to try. They provided them free of charge and only asked for a delicious recipe in return. Make a healthy recipe and get awesome organic and nutritious crackers? Win-Win!



I've been enjoying their [Original Crackers](#) for a few years already, but the different flavors were a nice change. My favorite way to enjoy is by pairing them with baby carrots for a super crunchy snack with a little sweetness from the carrots balancing the light saltiness. And of course dipping in cottage cheese, plain Greek yogurt, crunched on salad, and bean dips are all spectacular uses. On our recent [9 Year Anniversary trip to Travaasa Austin](#), Going Mom and I both snacked on the crackers in delight.



Anchovies + avocado + Mary's™ Gong Crackers = Delicious!

I have an affinity for dips, so it didn't take long to decide on creating the perfect dip for these lovely crackers. Taking my love of pairing carrots with Mary's™ Gone Crackers, I knew just what to do. With

steamed carrots, beans, and several health-boosting herbs and spices, the dip was done in under 10 minutes.



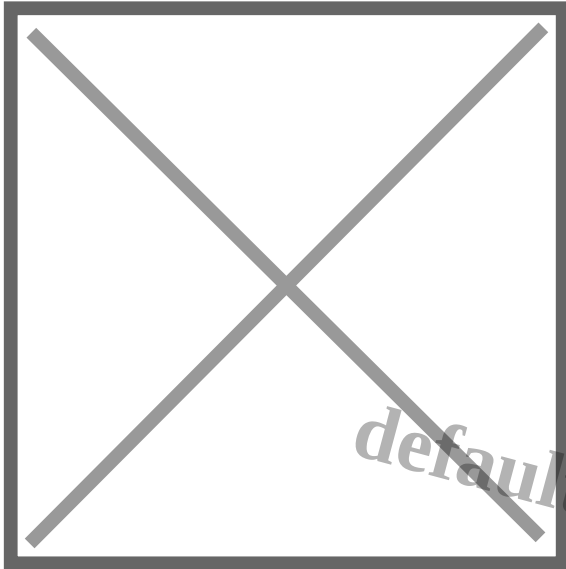
The flavor was just like a good bean dip with a little sweetness added from cooked carrots. Turmeric adds some earthiness and a [host of health-promoting benefits](#). One of them being that it helps to retain beta carotene from the carrots.



Mary's™s Gone Crackers are one of the few foods I feel good about eating even though they are packaged. No added oils (even healthy ones usually get damaged from high heat processing), lots of delicious nuts and seeds, and all organic make them a great choice for anyone. And if you love crunchy, then these are the crackers for you! Seriously, just crumble them on a salad or over eggs, they are wonderful.

Iâ€™ll stop going on and let you try for yourself. Once you grab a box (or five), make this High Antioxidant Carrot Bean Dip to share or keep all to yourself.

High Antioxidant Carrot Turmeric Bean Dip



by RC Liley

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Ingredients

- 1 15oz can of pinto, black, or garbanzo beans, drained and rinsed
- 1 cup steamed carrots; Use pumpkin puree if you donâ€™t have or donâ€™t want to use carrots
- 2 tbsp nutritional yeast
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp dried parsley (dill or basil would be good too)
- 1/4 tsp cayenne powder
- salt and pepper to taste

Instructions

Let me keep this simpleâ€™!

Add all ingredients to a food processor and blend until smooth; scrape down the sides once or twice to get everything.

Enjoy your new dip!

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Have you tried Maryâ€™s Gone Crackers before?
Ready for football season to start or could you care less?

Maryâ€™s Gone Crackers provided their products free of charge in exchange for this recipe posting. All opinions are strictly my own and I was not compensated in any other way.

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