

GEE WHIZ

*This is a great spread to use in sandwiches
or as a dip.*

- 1 can great northern beans
 - 1 / 2 cup pimentos or roasted red bell pepper (can buy these in a jar)
 - 6 TBS nutritional yeast (big yellow flakes found in bulk bins at health stores)
 - 3 TBS lemon juice
 - 3 TBS tahini (this is sesame paste)
 - 1 tsp salt
 - 1 tsp yellow mustard
 - 1 tsp onion powder
- Optional: 1 roasted red chili pepper

Mix everything in a food processor until smooth.