

Beany salsa dip

Spring

I clean your blood and fight disease, make sure you cook with lots of these.



Olly Onion

I'm a bulb with cloves in sections, I have the power to stop infection.



Gary Garlic

I'll help you fight coughs and sneezes, and other nasty diseases.



Tommi Tomato

Beans means great proteins



Buddy Bean

Give me a little squeeze, I'll help you breathe easy.



Limmy Lime

What ingredients we are going to need

- 4 cups chopped tomatoes
- 2 cups cooked black beans
- 1 cup sliced red onions
- ½ cup fresh cilantro leaves
- 1 tablespoon fresh parsley leaves
- 1 tablespoon minced garlic
- A pinch of Salt
- Freshly ground black pepper
- Juice of 1 lime
- 1 tablespoon mild olive oil

It is so easy to do

Combine the tomatoes, beans, onions, herbs and garlic in a bowl. Season with salt and pepper. Add the lime juice and olive oil. Mix well. You can serve this with the vegetable sticks and perhaps some wholegrain crackers or baked corn tortilla chips

Why it is good for us

Beans are such a healthy addition to your diet. They are high in antioxidants, protein, fiber, B vitamins and several important minerals. People who regularly eat beans may decrease their risk of several diseases. They can help you maintain a healthy weight and are a very affordable substitute for less healthy first class proteins. And rest assured, the more often you eat beans, the less you are likely to suffer from flatulence!

Tomatoes are extremely rich in antioxidants as well as vitamin C and E making them good protectors of the cardiovascular system and against disease. They are low in sodium and high in potassium so they help in high blood pressure and fluid retention.

The Onions and garlic are excellent decongestants and strong antibacterials.

Onions are helpful in the treatment of colds and chesty coughs and garlic can help fight chest infections and sore throats. Garlic may stop germs from growing and boost the immune system. Limes can help with weight loss, skin care, digestion, constipation, eye and gum care, mouth ulcers and respiratory disorders.