

WHITE BEAN SALSA

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Prep time: 10 minutes

Servings: 4

Serving size: 1/2 cup
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This salsa has a flavourful mix of wholesome ingredients. Try making it with your Moblees and you'll see why Sylvio Snake thinks it's marvelhiss!



Sylvio

INGREDIENTS:

- 1 (19 oz) can navy beans (small white beans), drained and rinsed
- 2 plum tomatoes, chopped
- 1 clove garlic, minced
- 1/4 cup cilantro, washed and chopped
- 2 tbsp lime juice

EQUIPMENT AND SUPPLIES:

- Bowl

Adult supervision required.

DIRECTIONS:

1. Place all ingredients in a bowl and stir gently to combine.

<p>Nutrition Facts Serv. Size approximately 1/2 cup, Amount Per Serving: Calories 100, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Sodium 170mg, Total Carbohydrate 18g, Dietary Fiber 6g, Sugars 1g, Protein 7g</p>

