

Best Spicy Cocktail Bean Dip

1 can kidney beans mashed (black beans may work good too)
2 gloves garlic mashed
1/2 tsp Tabasco sauce
2 tsp GF Worcestershire sauce
2 TBS Hellmann's Mayonnaise
juice of one lemon

Blend all ingredients in a food processor until smooth.

Garnish with freshly chopped green onions.

This is wonderful with Fritos dipping corn chips

*read your labels carefully as always

Source: Gluten-free-food-recipes.com