



HEALTHY PLANT-BASED RECIPES

7 Seven Layer Dip

INGREDIENTS

Instant Pot Refried Beans

2 avocados, smashed or WYW Guac Mix

WYW Salsa or Pico de Gallo

1 15 oz. can corn, drained

**1 bell pepper or roasted chili pepper,
chopped**

**1/2 15 oz. can black olives, sliced
(optional)**

Cheese Sauce

1 handful green onions, sliced

TO SERVE

Tortilla Chips

METHOD

Using a deep glass dish, spread the Instant Pot Refried Beans on the bottom for the first layer. Add the smashed avocado over the beans for the second layer.

Spread on the salsa, corn, bell pepper, and the black olives (if using) in the dish for layers three, four, five, and six.

Top with Cheese Sauce and green onions to serve. And that makes seven! Maybe even eight!? Enjoy!