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YumElish Food Reinvents Bean Dips

Fairfield, CT - Beans are a superfood and one of the healthiest foods on the planet foods, but for consumers looking for ready-made or shelf stable bean foods there's a lack of great tasting available options. YumElish Food, based out of Fairfield, CT, has plans to change that. Using favorite home-crafted recipes, YumElish founder Lisa Boyne' has created four delicious favors of shelf stable bean dips called SkinEdips.

Unlike many bean dips in stores--made with vinegar, canned beans, tomato paste and chemical preservatives-- YumElish SkinEdip Gourmet Dips and spreads are small batch crafted from fresh cooked beans, fresh lemon or lime juice, fresh roasted garlic, and fresh herbs and spices like fresh plum tomatoes, jalapenos, basil and rosemary. YumElish SkinEdip Gourmet Dips are all natural, and have no chemical preservatives and no citric acid. None of the dips have added sugar and are vegan and gluten free. YumElish also adds very little oil and just enough salt to keep flavors both flavorful and healthy.

YumElish SkinEdips come in four great varieties including:

Black Bean Jalapeno – A Spicy blend of fresh cooked black beans, fresh lime juice, fresh jalapenos, roasted garlic and spices, YumElish's signature Black Bean and Jalapeno SkinEdip is what bean dip is supposed to taste like. With just enough heat, it's the perfect dip for chips or fresh cut veggies. It's also the perfect spread for sandwiches or served on burritos & fajitas and tastes great with steak. Plus, stir in a little water and heat for an amazing, creamy black bean soup.

Tomato and Basil- If you crave fresh tomato and basil year round, YumElish Tomato and Basil SkinEdip is the gourmet dip for you. Made with fresh plum tomatoes, fresh basil and roasted garlic in extra virgin olive oil, with fresh cooked white beans, it combines all the distinct flavors of tomato and basil with the added nutrients and fiber of beans. It's perfect on fresh Italian bread, with bread stick, grilled or fresh vegetable as a crostini spread or served on fish or chicken. Plus, stir in cold water for a fresh new take on chilled soup.

Rosemary and Garlic – YumElish Rosemary and Garlic SkinEdip is a garlic lovers' delight. Pairing fresh roasted garlic in extra virgin olive with the taste of fresh rosemary and fresh cooked white beans into a creamy dip and spread that's low in fat and calories but rich in taste. It's great with pita chips, with French bread, fresh or grilled veggies and can be served with grilled chicken, on kebobs or warm it up for healthy alternative to fondue.

Kalamata Olive – Olive lovers can't get enough of YumElish Kalamata Olive SkinEip because it combines the great flavors of olives with the creaminess of beans that results in an exceptional gourmet spread that isn't oily like traditional tapenade and a fraction of the fat. It's amazing with warm pita, naan or a crudité and can be served with fish, pork or veal. But if you're an olive lover, you'll probably like it best straight out of the jar.

The flavor profiles are unlike anything on the market today and each variety is packed with the distinct taste of truly fresh ingredients. "Most bean dips taste like a jar of vinegar or chemicals. It's hard to taste the food," notes YumElish founder Lisa Boyne'. "That's what makes our SkinEdips unique because you can taste the flavor profile in every jar."

YumElish Food is a company committed to creating healthy artisanal foods with less sugar, salt and added fat, instead using the freshest ingredients possible for food that's truly delicious. Using all natural ingredients they are committed to keeping food free of chemical and artificial preservatives.

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