Here's a lovely song about my favorite food Lima, lento, soy, and pinto Navy, northern, and garbanzo Kidneys and frijoles negros I love beans I love beans Woo woo woo! I love beans How 'bout you? High in fiber Low in fat Hey, I betcha didn't know that When I eat beans I sit in my own little cloud Nobody comes to visit me In my little cloud I don't know why Maybe 'cause I'm cuttin' muffins Because... I love beans! Hey hey hey! I love beans everyday! Beans are an excellent source of protein I love beans! Diggydoo!