



Avocado Hummus

Prep time: 15 minutes

Ingredients

- 1 cup drained well-cooked or canned chickpeas (keep some for garnish)
- 1 ripe avocado
- 1/4 cup tahini (sesame paste)
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 1 garlic clove, peeled
- Salt and freshly ground black pepper (to taste)
- ¼ cup water
- Juice of 1 lemon
- Pita, Blue Corn Chips or Veggies for dipping

Directions:

1. Add all ingredients to a food processor.
2. Emulsify together for 1-2 minutes. An additional ¼ cup of water can be added if needed (hummus should have consistency of a spread)

To Serve:

Scoop a few tablespoons in the middle of a plate and swirl into a hummus crater. Garnish with some of the cooked garbanzo beans or diced tomatoes. Serve with your choice of pita chips or veggies.