



Green Avocado Hummus

3 tablespoons per serving

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained well
- 3 tablespoons olive oil
- 3 tablespoons fresh lime juice
- 1½ tablespoons tahini
- 1 medium garlic clove
- 2 medium fresh avocados
- ¼ teaspoon ground cumin
- salt to taste (optional)
- pepper to taste (optional)
- 2 tablespoons finely chopped cilantro (optional)
- crushed red pepper flakes to taste (optional)

DIRECTIONS

1. Pulse chickpeas, oil, lime juice, tahini and garlic in a food processor for about 2 minutes, or until smooth. Add avocados and cumin and pulse mixture until smooth and creamy, about 1 minute. Sprinkle with salt and pepper if desired.
2. If desired, sprinkle with cilantro and red pepper flakes.

NUTRITION ANALYSIS (PER SERVING)

Calories	150
Total Fat	12.0 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	7.5 g
Cholesterol.....	0 mg
Sodium	125 mg
Carbohydrates.....	10 g
Fiber	5 g
Sugars.....	0 g
Protein	3 g
Dietary Exchanges: ½ starch, 1 vegetable, 2 fat	

This recipe from Avocados From Mexico is an American Heart Association Heart-Check certified recipe.

