



# 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)

## 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

## 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.

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

