

Avocado Hummus



Ingredients

- 2 cups garbanzo beans, drained
- 2 avocados
- 2 cloves garlic
- 2 Tablespoons minced fresh cilantro
- 1 Tablespoon tahini
- 1 teaspoon salt
- ¼ cup olive oil
- ½ cup water or liquid from garbanzo beans
- lime juice from one lime

Instructions

Slice your avocado in half and remove the pit.* Scoop the fruit from the shell with a spoon.

Blend all the ingredients together in a blender or a food processor until smooth. If necessary drizzle in additional small amounts of olive oil until it reaches your desired consistency.

Put in a bowl and garnish with fresh cilantro and diced tomatoes if desired. Serve with homemade tortilla chips and cut vegetables.

*This is best served and eaten within 1 day. The lime juice keeps it from turning brown within that first day. To keep it fresh looking longer, save the pits from the avocados and place them inside the hummus. When ready to serve remove the pits.