

Avocado Hummus



Ingredients:

- 1 can (15 oz.) chickpeas (garbanzo beans), rinsed and drained
- 1 avocado, pit and skin removed
- 1 garlic clove, peeled and chopped
- 2 Tbsp smooth peanut butter
- 2 Tbsp vegetable oil
- 2 Tbsp lemon juice (about 1 lemon)
- 1/4 cup water

Directions:

Place all the ingredients in a blender and process until smooth. If needed, add 1-2 Tbsp more water for a creamy texture.

A tasty spread on sandwiches.

Serves 6
(1/4 cup servings)

Nutrition Facts per serving:
230 calories; 14g fat; 22g carbohydrates; 7g protein;
5g sugars; 0mg cholesterol; 200mg sodium.

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