

## INGREDIENTS

- 2 Avocados
- 2 cups Chickpeas, rinsed and drained
- 2 cloves Garlic, peeled
- 1/3 cup Tahini
- ¼ cup Lime Juice
- 3 tbsp Olive Oil
- ¼ tsp Cumin
- Salt and Pepper, to taste

## DIRECTIONS

1. Place all ingredients in a blender or food processor and blend until smooth.
2. Enjoy!



**Avocado Hummus**

*Dairy-Free | Gluten Free | Vegetarian | Vegan*

**Yield:**  
6-8 Servings

**Prep Time:**  
10 Min

**Cook Time:**  
5 Min