Green Avocado Hummus

3 tablespoons per serving

INGREDIENTS
1. (15-ounce) can chickpeas, drained well
2. 3 tablespoons olive oil
3. 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.