

# PlantLifeForward

## Avocado Hummus

*Time: 15 minutes*

### *Kitchen items needed:*

Blender

Large wooden or metal spoon



### *Ingredients:*

1 – 15 ounces of organic Garbanzo beans, drained and rinsed.

3 – Avocados (organic), cut open and into small chunks (do not use the seed).

1 – Juice of Lemon (organic), cut into halves.

1 – Juice of Lime (organic), cut into halves.

1 – Pint of organic dry grape tomatoes, rinsed.

1/2 - Teaspoon of each spice: turmeric, cayenne pepper, cinnamon, and nutmeg.

1/2 - cup water (more or less for thicker or thinner consistency).

In the blender, place the garbanzo beans, avocados, and water and choose “Food chop” selection.

As the blender mixes the garbanzo beans, avocados and water, take the wooden spoon to push down food items to blend well (I have an old fashion blender, Oster – all metal drive).

Stop blender, pour in the organic grape tomatoes, squeeze juice of lemon and lime into blender, and add spices.

With blender selection on “Food Chop” selection again, push the grape tomatoes down into the blender to mix with other ingredients, then stop the blender.

Press “Low pulse” button selection on the blender, for additional blending of mixture and using a wooden spoon to push down ingredients to mix well.

Pour out avocado hummus mixture into a bowl, and use healthy chips for dipping, enjoy!

Refrigerate any additional avocado hummus mixture in a glass storage container.

### *Alternative uses for Avocado Hummus:*

As a vegetable dip

On whole wheat or multigrain bread for vegetable sandwich spread

On heated Naan bread and add steamed vegetables for veggie pizza