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Chickpea & Avocado Hummus

8 servings
5 minutes

Ingredients

1 Avocado (medium, peeled and pit removed)
1 cup Chickpeas (cooked)
1 Garlic (clove)
1 tsp Dijon Mustard
1/4 tsp Sea Salt
3 tbsps Lemon Juice
2 tbsps Water
1/4 cup Extra Virgin Olive Oil

Directions

1. Add the avocado to your food processor along with the chickpeas, garlic, Dijon mustard, sea salt, lemon juice and water.
2. Turn food processor on and blend until avocado and chickpeas mostly smooth. Scrape down the side of the bowl as needed.
3. When the hummus is mostly smooth, slowly stream in olive oil. Let the food processor blend for about a minute until very creamy. Season with additional salt or lemon juice if needed.
4. Store in the fridge until ready to eat.

Notes

Leftovers, Keeps well in an airtight container in the fridge for up to two days.
Too Thick, If the consistency of the hummus is too thick, thin with 1 tablespoon of water at a time until desired consistency is reached.
Serving Size, One serving is equal to approximately 3 tbsp of hummus.