

# Avocado Hummus



**PREP TIME:**  
5 MINUTES

**TOTAL TIME:**  
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6-8 Servings

## Ingredients:

- 2 Medium Ripe Avocados (1 ½ Large) – Halved and Scooped – Pit Removed
- 1 15 oz. Can Garbanzo Beans - Drained
- 3 TBSP Olive Oil – Plus More for Drizzling on Top
- 2 TBSP Sun Butter (unsweetened)
- 2 TBSP Fresh Lime Juice
- 1 TBSP Fresh Lemon Juice
- 2 Cloves Garlic – roughly chopped
- ½ Teaspoon Cumin
- ½ teaspoon Himalayan Sea Salt
- 2 TBSP Fresh Basil or Cilantro Chopped/Cracked Pepper/Crushed Red Pepper – for Topping

## Instructions:

1. In food processor add garbanzo beans, olive oil, sun butter, lime & lemon juice, garlic, cumin, salt – blend until smooth, about 2 minutes.
2. Add avocados – mixing until combined and smooth. May need to add a few more drops of olive oil to help with consistency. The creamier the better.
3. Pour into serving bowl and drizzle with olive oil. Sprinkle with basil or cilantro for serving.
4. **Serving Suggestions:** Fresh organic Veggies / Gluten Free Crackers / Tortilla Chips / Veggie Chips

**\*Try and use all organic ingredients if possible.**