

Spicy Avocado Hummus

Add a kick to your snacking with this spicy avocado hummus, blending creamy avocados with zesty spices for a bold and flavorful dip. Perfect for pairing with vegetables or pita.

Yield: 8 servings

Serving Size:

1/8 recipe

Ingredients:

- 4 cups canned chickpeas, drained
- ¼ cup freshly squeezed lemon juice
- ⅓ cup extra-virgin olive oil
- 1 avocado, peeled and pit removed
- 3 tablespoons tahini or peanut butter
- 1 jalapeño, roughly chopped
- 1 garlic clove, peeled
- Kosher salt and black pepper
- Pinch of cayenne pepper

Instructions:

1. In a blender, combine the chickpeas, lemon juice, olive oil, avocado, tahini, jalapeño and garlic.
2. Puree until smooth; season with salt and pepper. Stir in the cayenne.
3. Serve with your choice of chips, crackers and veggies.

Per serving: Calories 176 kcal, Carbohydrates 9.3g, Protein 2.6g, Sat Fat 2.1g, Sodium 166.1 mg, Added Sugars 0g

This recipe was adapted from <https://www.purewow.com/recipes/spicy-avocado-hummus>