

# Avocado Hummus

Recipe recommended by Dominique Ludwig  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	773 kj	9%
Energy (kcal)	186 kcal	9%
Fat	14g	20%
<i>of which saturates</i>	2.3g	12%
Carbohydrate	7.3g	3%
<i>of which sugars</i>	0.8g	1%
Fibre	4g	16%
Protein	6.1g	12%
Salt	0.86g	14%

Generated by Nutritics v5.61

### INGREDIENTS:

- 1 can chickpeas, rinsed and drained
- 1 avocado
- 100g edamame beans, defrosted (**SOYA**)
- 30ml extra virgin olive oil
- 1 large tablespoon tahini (**SESAME**)
- 2 tablespoons lemon juice
- 1 clove of garlic
- 1 level teaspoon Himalayan salt

### OPTIONAL EXTRAS:

Add slices of avocado and a sprinkle of paprika for garnish

### METHOD:

- Put all the ingredients into a food processor and process on a medium high speed until smooth and creamy.

### ALLERGENS



SOYA



SESAME

### MODIFY

Add avocado to enhance shop bought hummus

### CREDIT

Recipe by: Dominique Ludwig  
Photo by: Dominique Ludwig