

# Avocado Hummus

Recipe recommended by Dominique Ludwig BANT Registered Nutritionist ®



#### **INGREDIENTS:**

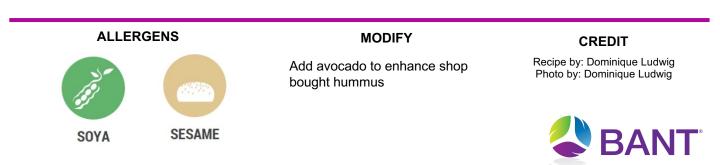
can chickpeas, rinsed and drained
avocado
avocado
gedamame beans, defrosted (SOYA)
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## **OPTIONAL EXTRAS:**

Add slices of avocado and a sprinkle of paprika for garnish

## METHOD:

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



#### **MACRONUTRIENT VALUES PER 100G**

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

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