

OLIVE, CHICKPEA AND AVOCADO HUMMUS



prep



cook



total



servings

Ingredients

- 1.5 cups cooked chickpeas
- 1 avocado peeled and pit removed
- 1 large garlic clove
- 1.5 cups Sardo Pitted Green Olives
- 2 tbsp tahini
- 1/4 cup fresh basil leaves
- 1 tsp sea salt
- 1/4 cup extra-virgin olive oil
- 1/4 cup water
- 2 tbsp fresh squeezed lemon juice
- 1/8 tsp black pepper

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Directions

1. Place all ingredients in a food processor or high-speed blender and purée until fairly smooth. Serve with assorted crackers and fresh veggies.

Tip: use this smooth dip in sandwiches as a substitute for mayonnaise.