



Categories: Family Friendly. Keto. Low Carb. Dairy Free. Vegetarian

Avocado Hummus

Yield: 6 servings

Prep time: 5 minutes

Total time: 5 minutes

Ingredients

Ripe Avocado | 3 whole

Fresh Cilantro (or Basil) | ½ cup

Olive Oil | ½ cup

Pine Nuts | ¼ cup

Tahini (Sesame Paste) | ¼ cup

Lemon Juice | 1.5 tbsp

Garlic Clove | 2

Ground Cumin | ½ tsp

Salt | ½ tsp

Ground Black Pepper | ¼ tsp

Directions

Remove skin and pit of avocados. Press garlic cloves. Combine all ingredients in blender and blend to hummus consistency. Enjoy.

Macronutrient Breakdown

Calories: 374 kcal | Carbohydrates: 4.3g | Protein: 4g | Fat 37.8g | Fiber: 5.9g

American Label		
Avocado Hummus		
Nutrition Facts		
Serving Size: 1 serving		
Amount Per Serving	% Daily Value*	
Calories	374 kcal	19 %
Total Fat	37.8 g	58 %
Saturated Fat	5 g	25 %
Trans Fat	0.1 g	
Cholesterol	0 mg	0 %
Sodium	214.5 mg	9 %
Total Carbohydrate	9.6 g	3 %
Dietary Fiber	5.9 g	24 %
Sugars	0.7 g	
Protein	4 g	8 %
Vitamin A	6 % • Vitamin C	14 %
Calcium	6 % • Iron	11 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		