

Avocado Hummus



Serves 4

Prep 5 mins

No cook

Easy

Ingredients

1 ripe avocado, roughly chopped
400g chickpeas, drained and rinsed
1 handful fresh parsley
2 tbsp lemon juice
2 tbsp extra virgin olive oil

1. Combine all the ingredients in a food processor and blend until smooth. Add a touch of water, if needed, to loosen. Season with sea salt to taste
2. Serve in a bowl with an extra drizzle of oil and chopped up veggies or toasted pitta strips to dip – we used carrots, radishes, tomatoes and sugar snap peas
3. Serve with toasted pitta