



Avocado Hummus



Ingredients:

- 1 can of white beans, drained and rinsed
- 1 avocado, cubed
- juice from ½ of a lime
- 1 tablespoon + 1 teaspoon of olive oil
- ½ teaspoon sea salt
- ¼ teaspoon cayenne pepper

Method:

1. Add all ingredients to your food processor
2. Blend until smooth
3. To accompany the dip, use "Everything" Pretzel Crisps, corn chips or pita bread.