

AVOCADO HUMMUS

(slightly modified from [Chocolate and Chillies](#))

1 19 oz can of chickpeas, drained and rinsed
2 avocados, pitted and diced
1 garlic clove, minced or pressed (*I omitted*)
handful of cilantro, roughly chopped
4 tbsp freshly squeezed lemon juice
2 tbsp extra-virgin olive oil
1/2 tsp ground cumin
1/4 cup water
salt and freshly ground pepper to taste

In a food processor add all the ingredients and process. Add more water if you would like it thinner.