

Avocado Hummus with Crudites

Get all five of your 5-a-day with this healthy, low-calorie, vegan recipe that works as lunch or a starter. Enjoy deliciously creamy hummus made with avocado!

Serves- 30 tastes

Prep: 10 mins

Cook: 10 mins

Recipe adapted from-
easylowcarb.com



Ingredients

1 [avocado](#) peeled and stoned
210g chickpeas drained
1 [garlic clove](#) crushed
1 [lime](#) juiced
Chili flakes- optional
Fresh herbs of your choice- coriander, parsley
Fresh vegetables for crudites- carrots, capsicum, celery, snow peas, cucumber, cauliflower, tomatoes

Equipment

Knives
Chopping boards
Food processor
Serving platters
Juicer

Instructions

1. Blitz together the avocado, chickpeas, garlic, and lime juice, and season to taste.
2. Top the hummus with the herbs and chilli flakes (optional)
3. Cut up the veggies into long rectangular crudités.
4. Serve together



Crudités are French appetizers consisting of sliced raw vegetables which are dipped in a vinaigrette or other dip.