



### **South American Avocado Hummus**

*Ripe and ready avocado spread with pepper relish – a perfect combo*

- 1 (15 oz.) can chickpeas, drain; set liquid aside
  - 2 Tablespoons olive oil
  - 2 Tablespoons tahini
  - 1 Tablespoons fresh lemon juice
  - 1 clove garlic, minced
  - 1 large ripe avocado, peeled, seeded, chopped
  - 1 teaspoon cumin
  - 1/4 teaspoon salt
  - 1/8 teaspoon (each) ground black pepper; smoked ground red pepper
  - 2 Tablespoons chickpea liquid (from reserved chickpeas)
  - Topping:** 2 Tablespoons sweet/savory pepper relish or as desired
  - 2 to 3 Tablespoons coarse chopped cilantro leaves
- Serve with crispy no salt pita chips or veggie sticks

**Prepare Hummus:** Place drained chickpeas in food processor; pulse chickpeas to coarse crush; add olive oil, tahini, lemon juice, and garlic; process to combine, about 1 minute. Add avocado and cumin; process mixture until smooth and creamy about 2 minutes longer. Season with salt, black pepper, and if desired smoked red pepper. Add 2 Tablespoons chickpea liquid: process to whip about 2 minutes into light smooth hummus.

**To Serve:** Place hummus in serving bowl. Spoon sweet/savory red pepper relish over hummus as desired; swirl lightly into hummus; sprinkle with coarse chopped cilantro leaves. Serve with pita chips or veggie sticks.  
Serves: 4 to 6

**Cook's Note:** I usually like to add ground chipotle red pepper, Braswell's Sweet/Savory Pepper Relish, and serve it with Simply Naked Pita Chips. You can also use the reserved chickpea liquid for aquafaba. (see March 2018 program) Avocado hummus might discolor a little if saving it for the next day. Cover it with plastic wrap by placing directly against the hummus to seal off the air.

**About the Recipe:** The red pepper relish swirled in the creamy avocado adds a sweet savory flavor to this popular hummus. It's delicious served with your favorite vegetable sticks, crackers, or snack crisps.