

Garden Herb Avocado Dip



Ingredients

- 3-4 cloves roasted garlic
- 1 can chickpeas, drained and rinsed
- 1 large avocado
- 1 heaped tbsp. tahini
- Juice of half a lemon
- A handful of fresh cilantro and basil
- 1 tsp. sea salt
- ½ tsp. black pepper
- 3 tbsp. olive oil
- 2 tbsp. ice-cold water

Preparation

1. Into a food processor add the roasted garlic, chickpeas, avocado, tahini, lemon juice, cilantro, basil and salt/pepper. Blend well combined then begin adding olive oil from the top opening of the processor. Do the same with the cold water and add as much water as 1 tbsp. at a time till you reach your desired consistency (I used 2 tbsp. cold water).
2. Enjoy with fresh veggies, chips or bread! Honestly, the possibilities are endless.

Credit

Recipe by FoodByMaria