Guacamole Hummus

Ingredients
1 can chickpeas
1 avocado
1 jalapeno
1/4 cup chopped cilantro
Juice from 1 lime

Directions
1. Blend ingredients.
2. Serve with vegetables, pita chips, or snack of your choice.

Nutrition Facts
Serving size: 1/4 recipe
Recipe yields 4 servings
Calories 200
Total Fat 9 g
Total Carbs 22 g
Protein 7.5 g