



# AVOCADO HEMP HOMMUS

*Recipe by  
Zoe Bingley-Pullin*

- 1 Avocado, diced
- 400g Chickpeas, drained
- 1-2 cloves Garlic, crushed
- ½ tbsp Lemon Juice
- 1 tbsp Thompson's Hemp Seeds
- ⅓ Tahini Paste
- 1 tbsp Thompson's Hemp Seed Oil
- ½ bunch Basil Leaves, roughly chopped
- Salt and Pepper to taste

1. In a food processor, combine all ingredients and blend to a smooth consistency. Add extra oil or water as needed to help smooth the mixture.
2. Enjoy with your favourite veggies or crackers!



NO ADDED GLUTEN



DAIRY FREE



VEGAN

