

Easy Low Carb Avocado Hummus

Description

Extremely healthy and easy to make.

Prep time: Ten minutes

Total time: Two hours ten minutes

Servings: 8

Ingredients

- 1 cup of unsalted macadamia nuts (4.7 oz)
- 1 avocado (7.1 oz)
- 2 cloves of garlic, sliced
- 2 tablespoons of tahini paste (1.1 oz)
- 1/2 teaspoon of sea salt
- 3 tablespoons of fresh lime juice (45 ml)
- 2 tablespoons of extra virgin olive oil (30 ml) Optional: fresh cilantro, to taste

Instructions

1. Soak the macadamia nuts in filtered water for about two hours or overnight. Then strain the nuts and rinse.
2. Peel the avocado and remove its seed. Peel and chop the garlic. Transfer all the ingredients into a food processor and blend until it is smooth.
3. Pour into a bowl and drizzle some olive oil on it. Garnish with cilantro leaves. Serve with carrots, Celery sticks, and pepper.
4. Can be stored in the fridge for about five days.