

# AVOCADO BEAN DIP

Presented by Brad Trudeau at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Garbanzo beans, cooked	20 oz.		1. Drain and rinse beans.
Garlic, cloves, raw		4 ea.	2. Place garlic, jalapeño, lime juice, and cilantro in food processor until very finely chopped. 3. Add beans and puree until very smooth. 4. (Optional) Remove bean mixture from processor and press through a tamis to ensure a very smooth product.
Cilantro, fresh	2 oz.		
Jalapeño, fresh		1 ea.	5. Place puréed beans in a large mixing bowl and add salt and avocado pulp. Fold together until combined. 6. Place product into serving dish and press film onto product to prevent browning.
Lime juice, fresh	1 oz.		
Avocado pulp, mashed	2 lb.		
Salt		1 tsp.	

## Recipe Notes:

Adapted from a recipe by Lindsey Schoenfeld.

## Nutrition Information (per serving)

Calories: 45/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1 g

Saturated fat: 0.5 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 2 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 50 mg/Potassium: 110 mg