



Spicy Guacamole Hummus Party Toasts



Ingredients:

- 2 15-oz can chickpeas, drained and rinsed
- 4 large, very ripe avocados
- ¼ tsp cayenne pepper
- ¼ tsp onion powder
- ¼ tsp ground cumin
- ¼ cup minced fresh cilantro
- Juice of 4 limes
- Sea salt to taste
- Little appetizer toasts for serving

Method:

1. Mash chickpeas with a potato masher, leaving some chunky bits for texture.
2. Top with avocados, lime juice, cilantro, and spices, and mix together until combined.
3. Season with salt and additional cayenne pepper to taste, and place a dollop of guacamole hummus on toasts and top with a little bit of additional minced cilantro.
4. Serve immediately.