



Lifestyle Medicine

Recipe: Chickpea Avocado Dip

Ingredients:

- 2 small or 1 large ripe avocado
- 1 can garbanzo beans/chickpeas-drained and rinsed
- 1 lemon-squeezed
- Garlic powder to taste
- Pepper to taste

Instructions:

- Add all ingredients to blender
- Keep in tupperware in refrigerator



Recipe courtesy of:
Dr. Melissa Sundermann, IHA EastBrighton Primary Care

