

Savory Avocado Chickpea Spread

This protein-packed spread combines creamy avocado and hearty chickpeas, creating a delicious topping for your favorite bread. Rich in vitamins and minerals, it's a flavorful yet healthy choice that's satisfying and low in calories.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 ripe avocado
- 1/2 cup canned chickpeas, rinsed and drained
- 1 tablespoon lemon juice
- 1 tablespoon tahini
- 1 clove garlic, minced
- Salt and pepper to taste
- Whole grain bread or your choice of bread

Steps

- 1 In a bowl, mash the avocado using a fork until smooth.
- 2 Add the chickpeas and continue to mash, leaving some chunks for texture.
- 3 Stir in the lemon juice, tahini, minced garlic, salt, and pepper until well combined.
- 4 Spread the mixture generously on slices of whole grain bread.
- 5 Optionally, top with sliced radishes or microgreens for added flavor and nutrients.