



Ghost Guacahummus Recipe



Basic Ingredients (Dip for 6 people)

- 500g cooked peeled chickpeas
- 3 cups fresh cilantro leaves
- 1 garlic clove, chopped
- 1 ripe avocado, roughly chopped
- 3 tbsp. extra-virgin olive oil
- 6 tbsp. fresh lemon juice
- ½ tps. coarse salt
- Ground pepper to taste
- Red chili, fresh or dry to taste
- Lemon wedges for garnish
- 1 cup vegetable broth
- 1/10 tsp. Psycho Juice Ghost Garlic Sauce (or any other hot sauce)

Directions

To cook the chick peas

Soak the chickpeas in water and ½ tsp Baking Soda at least 6-8 hours. Drain. Add cold water to the pot and boil for 5 minutes. Drain again. Add boiling water and boil with one roughly chopped onion and vegetable stock. Cook on medium heat for 45 minutes or until desired texture of beans. Add 2-3 Tbsp. of the olive oil, salt to taste.

To create Guacahummus

In the food processor combine the chickpeas, cilantro, garlic, and avocado. Process until smooth. With the machine running, add olive oil in a slow, steady stream, then add lemon juice, then add broth one tablespoon at a time, until mixture is smooth. Finally add a drop of the garlic ghost sauce. Caution: this sauce is extremely hot. Season to taste with salt and pepper and garnish with lemon wedges. Serve with pitta bread. Can be stored for up to one week in the refrigerator.

Nutritional values

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics

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	Total	1 serving
Energy:	1520kcal	253kcal
Cholesterol:	0 mg	0 mg
Sodium:	590 mg	98.3 mg
Carbs:	155 gr	28.8gr
Dietary fiber:	53 gr	8.8 gr
Protein:	49 gr	8.1 gr
Fat:	84 gr	14 gr