

## Chickpea Avocado Spread for Sandwiches & Wraps

2 ripe avocados, diced

Juice of 1 lemon or lime

1 - 14 oz. can chickpeas, drained and mashed

1 medium tomato, deseeded and diced

1/2 green bell pepper, deseeded and finely diced

1 clove garlic, finely minced

1 medium red onion, finely diced

2 tbsp. coriander or cilantro, minced

2 tsp. roasted cumin or to taste (optional)

1/2 -1 tsp cayenne or to taste (optional)

1 tsp. salt

1/4 tsp pepper

1. Juice lemon (or lime) into a medium-sized bowl; dice avocados and add to the juice. Stir to coat.

2. Add remaining ingredients and mix well. Serve at room temperature.