Spicy Avocado Spread

Adapted from Karen Ferries, RD

Servings Per Recipe: 6
Serving Size: 3-4 Tablespoons
Per Serving: 80 Calories, 2.2 gm Protein, 5 gm Fat, 8 gm Carbohydrates

1 ripe medium avocado
¾ cup canned white or cannellini beans
1 generous sprigs of cilantro
1 ½ Tablespoons fresh lime juice (1-2 limes)
½ green jalapeno, seeds removed and chopped
½ teaspoon green Tabasco sauce
¼ teaspoon salt

Directions

1. Rinse and drain beans. In a blender or food processor, blend all ingredients until smooth and creamy. Use as a spread for sandwiches or as a dip for vegetables.