

Avocado-Hummus with Chlorella

VEGAN



serving suggestion

ecoduna

PREMIUM ALGAE FROM AUSTRIA 

Avocado-Hummus with Chlorella

for 1 jar | 5 minutes | easy

INGREDIENTS

- ½ tsp. ecoduna chlorella powder
 - 400 g chickpeas (cooked)
 - 1 avocado (pitted & peeled)
 - 2 cloves of garlic (pressed)
 - 3 tbsp. lemon juice
 - 20 g coriander
 - 3 tbsp. olive oil
- add salt and pepper to taste

PREPARATION

Puree the chickpeas with all ingredients to a fine and creamy mixture and season with salt and pepper. Serve the avocado hummus with basil.

Tip: : In a well-sealed jar, the hummus can be kept in the refrigerator for about 4 days.

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CHLORELLA

Chlorella helps your body to **detox** and naturally contains high amounts of **vegan protein (46%)**, **vitamin B12**, **iron** and **folate**.



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