

Avocado Hummus

Ingredients:

- 2 ripe avocados, peeled and seeded
- 1 can (15 oz) garbanzo beans, rinsed
- 1 clove garlic, minced
- 1 Tbsp. fresh lemon, juiced
- 2 Tbsp. olive oil
- Salt, to taste

Directions:

1. Rinse and dry avocado. Cut avocado lengthwise around the seed and pull halves apart. Remove seed. Scoop avocado out of peel and into a mixing bowl.
2. Rinse garbanzo beans using a strainer, then add to the mixing bowl.
3. Mince garlic into the mixing bowl.
4. Rinse lemon, then squeeze fresh juice into mixing bowl.
5. Measure and pour olive oil into mixing bowl.
6. Using an immersion blender, mix all ingredients together until smooth.
7. Add more olive oil, if needed. Salt to taste.



(Adapted from californiaavocados.com)



Sunny Day Smoothie

Ingredients:

- ¼ cup microgreens
- 1 banana
- 1 cup low-fat milk, water, or 100% juice
- ¼ cup fresh or frozen fruit
- Dash of cinnamon
- Optional: ½ cup greens

Directions:

1. Rinse microgreens and add to mixing cup.
2. Rinse banana peel, then peel banana and add to the mixing cup.
3. Measure liquid of choice and add to mixing cup.
4. If using fresh fruit, rinse and chop before adding to mixing cup.
5. Add dash of cinnamon.
6. Using immersion blender, mix all ingredients until smooth.



Microgreen Pesto

Ingredients:

- 4 cups microgreens
- 3 cloves garlic, minced
- ½ fresh lemon, juiced
- ½ cup sliced or slivered almonds
- ½ cup parmesan cheese, grated
- 1/3 cup olive oil
- Salt and pepper, to taste

Directions:

1. Rinse microgreens and add to mixing bowl.
2. Mince garlic and add to mixing bowl.
3. Rinse lemon, then squeeze fresh juice into mixing bowl.
4. Measure almonds, cheese, and olive oil and add to mixing bowl.
5. Using an immersion blender, mix all ingredients together until smooth.
6. Add more olive oil, if needed. Add salt and pepper, to taste.



(Adapted from nickgreens.com)