

Alkaline Diet Recipe: Creamy Avocado Hummus



Last time, I shared [my 10 favorite ways to enjoy avocados](#).

If you haven't tried avocado hummus, you're in for a real treat today. I love regular hummus, but this knocks it out of the park!

It's smooth and velvety, rich and creamy, nutty and flavorful all at the same time. And of course, it's

highly alkaline, so you can dip raw veggies in it to your heart's content. (Or eat it with a spoon! No one has to know!)

Another thing I like about this recipe is that it keeps better than a lot of avocado dishes and dips. So, you can add it to lunch boxes and it won't brown like guacamole will. You can save leftovers in the fridge too, but good luck having anything left to save.

Give it a try and let me know what you think over [on Facebook](#). And if you haven't liked our Facebook page yet, go do so now as I often post my favorite alkaline recipes, along with some cutting-edge information on simple ways for you to stay alkaline and energized all day long!

CREAMY AVOCADO HUMMUS

INGREDIENTS

2 organic Haas avocados
1 can white beans (garbanzo or cannellini),
drained and thoroughly rinsed
1 lime (freshly squeezed)
1 tbsp. extra virgin olive oil
1/2 tsp. salt (Celtic Grey, Himalayan, or
Redmond Real Salt)
1/4 tsp. cayenne pepper



DIRECTIONS:

Blend all ingredients in food processor until smooth. Serve with raw carrots, red bell pepper, or celery.

Enjoy!

Want more delicious alkaline recipes like this one? Check out our four seasonal [alkaline recipe eBooks](#) (that can be used all year round).

Each recipe eBook can be instantly downloaded, and contains 130 of my best alkaline recipes, from smoothies and other breakfast options, to entrees and lunches, yummy salads, zoodles, soups (both raw and hot), snacks, and desserts that taste so good you're feel like you're cheating!

The [Get Off Your Acid 7-Day Alkaline Cleanse](#) is filled with ideas that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

We just finished an incredible 7 Days of the Get Off Your Acid Group SUMMER Cleanse, and do you know what? Many cleansers felt SO good, that they are not stopping!

That's right – the cleanse officially ended Sunday night, yet they are still going strong, because the results they achieved were that powerful. The reason being is that this is not a deprivation cleanse like so many of the other fad diets out there.

You eat on this cleanse, from our delicious alkaline recipes, and the detox protocols that I provide ensure that you alkalize and energize your body from the moment you begin...

Here is what one of our fellow cleansers had to say after the cleanse ended this past Sunday:

Day 8 of cleanse: Green smoothie for breakfast and lunch. Big salad with red peppers, orange peppers, avocado and red onion, and quickly stir-fried zucchini for dinner with hemp seeds, minerals (2), detox bath and breathing exercises (3:6:5 Power Breath). I have a lot of energy and I'm not stopping! Jackie A.

You can feel this way, and get the very same results! Look great, lose weight, and feel great as you GET OFF YOUR ACID!

Check out the [Get Off Your Acid 7-Day Alkaline Cleanse](#).

