



Chickpea Avocado Toast

Visual Recipe
by DAREBEE

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	SMALL	MEDIUM	LARGE
chickpeas	¼ cup ~ 50g	⅓ cup ~ 70g	½ cup ~ 100g
avocado	¼	½	1
toast	1 slice	2 slices	3 slices

LEVEL UP! Add ½ tsp black salt, fresh parsley and sesame seeds.

INSTRUCTIONS



1. Soak chickpeas in plenty of water overnight.

2. The next day, rinse and drain them. Place chickpeas in a cooking pot and cover with plenty of fresh water. Bring water to a boil then lower heat to low. Cover the pot with a lid and simmer chickpeas for 30 minutes. They are cooked when tender. Drain. Alternatively, use canned chickpeas: 1 can of cooked chickpeas ~ 1 cup dry.

3. Cut, de-stone and peel the avocado. Combine it with drained chickpeas.

4. Mash it with a fork and season for taste. Use black salt instead of regular salt, for taste.

5. Spread the mix over toast.

6. Garnish with fresh parsley and sprinkle with sesame seeds.