

## Avocado chickpea sandwiches

### Ingredients

1 – 15- ounce can garbanzo beans

1 large Ripe Avocado

¼ cup jalapeño nacho slices, diced

2 Tbsp. fresh lime juice

½ teaspoon salt

- Rinse and drain the chickpeas, place on a paper towel and remove the outer skins.
- In a medium bowl, using a fork or potato masher mash the chickpeas and avocado together.
- Add jalapeno, lime juice, and salt mix well. Spread filling on bread and top with your favorite toppings.

*\*Note: Makes a great dip. Serve with veggies, crackers, or pita chips Also this sandwich filling is best eaten the day it is made, because it will turn brown due the avocado.*