

## **Artichoke Hummus (gluten-free, dairy-free, soy-free, grain-free, AIP-friendly)**

### **INGREDIENTS:**

- 1 14oz can quartered artichoke hearts, drained thoroughly
- 1 clove garlic
- 1/4 cup avocado oil
- 2 T fresh lemon juice

### **DIRECTIONS:**

- Drain the artichokes as much as humanly possible and add to food processor.
  - Peel the garlic clove and add to the artichokes.
  - Pulse the garlic and avocado in the food processor until they are roughly chopped.
- Add the lemon juice and avocado oil. Process until the hummus is smooth and creamy.
- Enjoy!