

Guacamole

2 ripe avocados, peeled and stones removed
1 ripe tomato, finely chopped
1 clove garlic, crushed
juice of ½ lemon
¼ red onion, finely chopped
1 Tbsp chopped coriander or parsley
Sweet chilli sauce to taste
seasonings to taste

Mash avocado and combine with tomato, garlic, lemon juice, onion and coriander. Season with salt and pepper and enough chilli sauce to give some “kick”. Serve with crackers or vegetable crudités.

Health Habits: