TASTIEST *guacamole*

Avocados are a super healthy fat and high in fibre. If you are someone who loves toast for breakfast, skip the butter and spread a lovely thick layer of guacamole on your toast instead - transforming a poor nutrient breakfast into a much healthier one that will keep you feeling satisfied and satiated.

I love to top mine with sliced tomato, salt, and cayenne pepper - so delicious and nutritious.

Pro tip: Massage your left over guacamole into your salad leaves to transform the taste of any salad. Alternatively you can add extra lime juice and quickly transform it into a dressing. So many wonderful options with food!

INGREDIENTS

- 2 ripe avocados
- Juice of 2 limes
- 10g coriander

INSTRUCTIONS

1. Cut the avocados in half, remove the stone and skin, chop up and add to a bowl.

2. Finely chop the coriander and add this to the bowl together with the lime juice and salt and pepper to taste.

3. Mash to your desired consistency.

MAKES
370G

PREP TIME
5 MIN

MIX & MASH
3 MIN

TOTAL TIME
UNDER
10 MIN

NUTRITIONAL INFORMATION

MAKES 370G

CONTAINS:

479 KCAL
5.9G PROTEIN
42G FAT
12G CARBS

Health Concepts
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