

Guacamole

Serves: 1

Prep time: 10 Minutes

Cooking time: Nil

Ingredients:

- 1 avocado, mashed
- 2 tablespoons chopped tomatoes
- 2 tablespoons chopped onion
- 1 tablespoon chopped basil
- 1 tablespoon chopped coriander
- ½ teaspoon crushed garlic
- 1 tablespoon lime juice
- 1 tablespoon chipotle sauce
- 1 teaspoon mayonnaise
- salt and pepper

Optional extras

- carrots sticks
- celery sticks
- capsicum sticks
- cucumber
- corn chips

Method:

- Combine all ingredients in a bowl, season to taste
- Place in a serving bowl and serve with vegetables and or corn chips



I can't resist this healthy, tasty bowl of goodness, it's so quick and easy to prepare