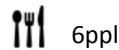
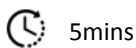


BASIL GUACAMOLE

This dip is a great addition at any gathering of any size - it's so simple to make, healthy and delicious!



Ingredients:

2 ripe hass avocados, mashed

2 tbsp meyer lemon Juice

1 medium red onion

1 red cayenne chilli, deseeded and finely chopped

1 large beef steak tomato, skinned, deseeded and finely chopped

1 large garlic clove, crushed with mortar and pestle

Basil leaves fresh, enough to make 1 tbsp when crushed with mortar and pestle

Salt and pepper to taste.

Method:

Combine ingredients and serve with corn ships or pita crisps.

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