

RECIPE

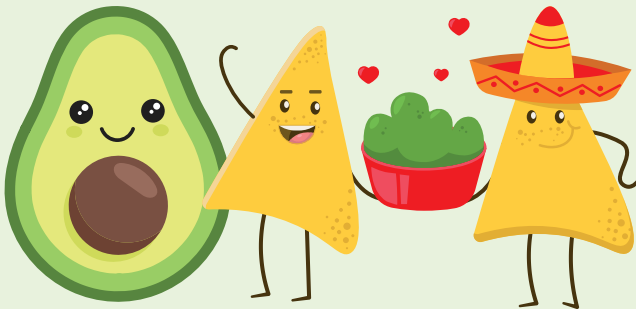
GUACAMOLE

Ingredients

- ✓ 2 avocados, peeled and mashed
- ✓ 1 small red onion, peeled and finely chopped
- ✓ 1 tablespoon sweet chilli sauce
- ✓ 2 tomatoes, finely chopped
- ✓ 1 pinch black pepper
- ✓ 1 tablespoon lemon juice

Instructions

1. Blend or mash all ingredients together to the consistency you like.
2. Mix well and serve as a dip or spread.



CHOCOLATE AVOCADO MOUSSE

Ingredients

- ✓ 1 banana (ripe)
- ✓ 1 avocado (ripe)
- ✓ 4 medjool dates (pitted)
- ✓ 3 teaspoon cacao powder

Instructions

1. Add all the ingredients to a food processor and blend until smooth and creamy.
2. Taste and add more cocoa powder to suit taste.