

Gorgeous Guacamole

Prep: 15 mins
Serves: 1 big bowl
GF, DF & V

Avocado is high in vitamin C, E and B, potassium, iron, magnesium, folate and heart-healthy fats. It also contains fibre which we love for our gut. Coriander is used to ease digestion and is high in antioxidants. Fun fact: you can actually inherit your dislike of coriander! But I have anecdotal evidence that this can be overcome.

Ingredients

- 2 avocados, mashed
- 1 lemon (or lime), juiced
- 1 clove garlic, crushed
- ½ red tomato, diced
- ¼ red onion, finely diced
- Small handful fresh coriander, chopped
- 1-2 tbsp sweet chili sauce
- 1 tsp vegan mayonnaise
- Salt and pepper to taste

Method

Mash Avocado with a fork.

Mix the rest of the ingredients together. Taste and season accordingly. Serve with fresh vegetable sticks, corn chips or seed crackers.

