

# Guacamole



## Ingredients:

(Makes 12 x 2 ½ tablespoons (40g) serves)

- 50g reduced-fat cream cheese (lactose free if required)
- 3 medium avocados (285), deseeded, skinned and mashed
- 1/3 cup (15g) baby spinach leaves, finely chopped
- 1/2 cup (35g) green onion tops, finely chopped
- 2 tbsp (10g) coriander leaves, finely chopped
- 1/3 cup (53g) green capsicum, finely chopped (about 1/4 medium capsicum)
- 2 tsp (6g) garlic infused oil
- 1/3 cup (68g) tomato, diced, finely chopped
- 1 tbsp (16g) lime juice
- 1/2 tsp (3g) salt (to taste)
- 1/2 tsp (1g) cracked black pepper
- chilli, to taste (fresh or dried)

## Method:

1. Bring cream cheese to room temperature and prepare all ingredients.
2. Combine all ingredients.

## Tips:

- This recipe can also be blitzed briefly in a thermomix or food processor to chop and combine ingredients.
- When storing in the fridge, make sure the surface is completely covered by plastic wrap to prevent browning.
- If you want a larger serving size, increase the cream cheese by 95g and reduce the avocado to 2 (95g).
- You can freeze this dip in either individual portions or as a batch.