

Guacamole Avocado Dip

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

For more recipes visit www.nikkimartin.co.nz.



Ingredients

3 ripe avocados with skin and stones removed
2 spring onions finely chopped
½ a red capsicum finely chopped
1 tomato finely chopped
Juice of 1 lemon
Chilli sauce to taste
½ cup of low fat sour cream or cottage cheese or unsweetened natural yoghurt

Method

Mash avocados and mix with other ingredients.

Cover and chill before serving.
