

Avocado and pea dip

Preparation time: 10 minutes

Ingredients:

1 cup frozen petit pois, thawed
2 tbsp. fresh coriander, roughly chopped
½ - 1 clove garlic, crushed or grated
Juice of 1 lime
Pinch chilli flakes (optional)
1 ripe avocado
Salt and pepper

Directions:

- Place peas, coriander, garlic, lime juice and chilli flakes in food processor and blend
- While mix is blending, peel, destone and roughly chop avocado
- Add avocado to the processor, season and blend until well combined
- Serve with vegetable sticks, oat cakes or use instead of hummus in a wholegrain pitta with salad and feta

This healthy dip is full of fibre and healthy fats. It needs to be made just before serving, as the avocado will cause the dip to turn brown.