



Avocado cream

Avocado cream is so easy tasty. Use it as a dip for crudites as a snack or dollop over a salad, alternatively use it to replace mayonnaise in your lunchtime pitta bread or wrap. Double yum!

Ingredients

- 2 large ripe hass avocados
- Juice of 2 limes
- 2-3 TBS extra virgin olive oil
- 100ml Greek yoghurt
- Salt and freshly ground black pepper



Great for weight maintenance as a snack dip.

Method

1. Whizz together all the ingredients in a food processor
2. Dilute with enough water so that you have a thick cream that is easy to dollop
3. Season well and add a little more lime juice if you like

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