

# GUACAMOLE

Serves: 12



Prep time: 10 minutes

Cook time: nil

## Method:

Peel and deseed avocados. Mash avocado, cream cheese, lime juice, coriander and Kfibre together with a fork until combined. Alternatively whizz in a food processor.

Transfer avocado mixture to a bowl and fold in spring onions, cherry tomatoes, chilli flakes (if using) and season with salt and pepper.

Serve immediately.

## You will need:

- 3 Hass avocados, peeled & deseeded (300g/10.5oz)
- 2 tbsp soft cream cheese
- 1 tbsp lime juice
- 1 tbsp coriander
- 1 tbsp Kfibre
- ½ cup spring onions, sliced
- 1 cup cherry tomatoes, sliced
- 1 tbsp chilli flakes (optional)
- Salt & pepper

**Low FODMAP:** Only use green leaves of spring onions & follow suggested serving size

**Dairy free:** Use dairy free cream cheese

**Gluten free:** no modifications necessary

*The more you celebrate, the more there is to celebrate!*

**Kfibre™**