



ALLERGIES:

No grains
No dairy
No egg
No nuts
No gluten

Prep time: 10 minutes

Cook time: nil cooking

Serves: makes 2 cups

INGREDIENTS

- 4 spring onions
- 1/2 cup chopped coriander
- 1 medium tomato
- 1 small lemon (or lime)

GUACAMOLE



- 3 ripe avocados
- 1/4 teaspoon salt
- 2-3 shakes black pepper
- pinch of chill (if preferred)

METHOD

- Place spring onions and coriander into blender and chop for a few seconds.
- Add tomato, and chop for a few more seconds.
- Add avocado (flesh scooped from skin only) and lemon juice, salt, pepper and chilli. (if using).
- Mix together for a few seconds, or until as smooth as you prefer. Be careful not to over beat and make a puree, as chunky is good.
- Place into bowl, and serve with vegetable strips or my [seed crackers](http://www.allergycookingmyway.com) (as shown above)