



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15

Serves: 1

INGREDIENTS

- 1 large flat mushroom
- ½ avocado, diced
- ¼ small onion, finely diced
- 1 tbsp fresh coriander, diced
- 1 tbsp coconut yoghurt, plain
- 1 tbsp sweet chilli sauce
- Salt and pepper

METHOD

- Preheat oven to 180°C.
- Remove stem from mushroom and dice finely.
- Scrape brown flesh from mushroom and add to stems.
- Add all other ingredients, mix well, and spoon into mushroom shell.
- Place mushroom onto oven tray lined with baking paper.
- Bake for 15 minutes.
- Serve as a lunch, or a side dish.

CREAMY **AVOCADO STUFFED** **MUSHROOMS**

