

Avocados are a great source of healthy fats (phytosterols), fibre, potassium and vitamin E, and have a wealth of other vitamins, minerals and micronutrients such as vitamin A, C, K, B6, B5, magnesium, iron, manganese, phosphorus, zinc, folate, carotene, and a compound called Lutein helping to reduce inflammation. A tasty and really versatile food which helps to keep blood pressure balanced and blood sugar levels stable.

INGREDIENTS

- 400g tin chickpeas
- 1 avocado
- 1 tbsp tahini
- Juice of a lemon
- ¼ tsp pepper
- ½ chilli flakes
- 2 tbsp olive oil
- 1 tsp cider vinegar
- Handful of coriander
- Salt and pepper



Guacammas



2 servings



15 minutes

DIRECTIONS

1. Drain and rinse the chickpeas.
2. Place all of the ingredients in the blender and press pulse a few times or blend on a low setting for a minute or so. My preference is to have some texture and so I don't under-over-blend.
3. Drizzle with a little extra olive oil or avocado oil.
4. Enjoy!



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NOTES

TRY: If you can't find or dislike avocado, then make your own Hummus. Just add all ingredients listed above, less the avocado and chilli flakes and add in another tbsp of tahini a little more olive oil. Instead of coriander you could add 50g toasted pine nuts.

WATCH: Avocado contains natural chemicals called salicylates which may cause an allergic reaction in some people. A rarer allergic response may occur if you have a latex allergy.

PORTION SIZE: An 80g portion counts towards your 5-a-day.

The most eco-friendly option for this recipe organic avocados from Spain.