



Appetizer

For dipping with nachos and fresh veggie sticks or with wheat tortillas
(see separate recipe)

Guacamole

Ingredients for 10 servings:

- 1 Small red chili pepper, dried
- 3 Cloves of garlic
- 5 Large avocados, very ripe
- 2 Tbsp. Lemon juice
- Salt

Clean and wash chili pepper. Peel garlic cloves and mince together with 1 – 2 Tbsp. of water in a mortar. Allow to stand 5 – 10 minutes. Clean, wash, peel and puree avocados. Strain chili garlic paste through a sieve and mix with avocado puree. Season the guacamole with salt and lemon juice and garnish with diced tomatoes (optional).

Prep time: About 15 minutes

Waiting time: 5 – 10 minutes

Per serving:

Joule/Calories: 574/137

Protein: 1,2 g

Fat: 15 g

Carbohydrates: 0 g