

Spicy Guacamole Dip

GF, V

Ingredients	PREP TIME 10 min	TOTAL TIME 10 min	SERVINGS 6 servings
-------------	---------------------	----------------------	------------------------

3	avocado (ripe, peeled & stones removed)
3 cloves	garlic (crushed)
1/2	scotch bonnet-chile (or green chili, de-seeded & finely chopped)
12 1/2	cherry tomatoes (diced)
1 dash	lemon juice
	salt (to taste)

Nutrition Per serving

168	kcal
7.1 g	Fat
33 mg	Sodium
10.4 g	Carbohydrates
7.1 g	Fiber
2.3 g	Protein

Recipe by Allrecipes UK at Yummly.com