

FODMAP Recipe

MEXICAN: Guacamole dip

Serves - 12

Cooking time - 15 minutes

Nutrition Info

Energy :	279 kJ
Protein :	1g
Carbohydrates :	1g
Sugar :	1g
Total Fat :	7g
Saturated Fat :	2g
Fibre :	1g

Ingredients

¼ cup cream cheese, reduced fat (lactose free if required)	50g
3 medium avocados, deseeded, skinned and mashed	285g
1/3 cup baby spinach leaves, finely chopped	15g
½ cup green spring onion tops, finely chopped	35g
2 tablespoons coriander, fresh	10g
1/3 cup green capsicum (bell pepper), seeded and diced	53g
2 teaspoons garlic infused olive oil	6g
1/3 cup tomato, regular, finely diced	68g
1 tablespoon lime juice	16g
chilli, red (optional)	5g

Steps

1	Bring cream cheese to room temperature and prepare all ingredients.
2	Combine all ingredients together in a bowl and mix well. Serve