

Avocado

Compared with other high-fat foods, avocados are a healthy option. Avocados contain high levels of healthy, beneficial fats and are nutritious. There are many types of avocados, varying in colour, size, and shape. The Hass avocado was first cultivated in the 1920's, this is the most widely consumed avocado variety worldwide. With plenty of Avocado's around, this is a great recipe to whip up when friends come round.

Avocado Smash Dip

Recipe courtesy of Nutrition Australia ACT

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.

Preparation time: 30 minutes

Serves 4



Ingredients

2 ripe avocados
2 tomatoes, diced
2 small spring onions, finely sliced
small bunch of basil, shredded
juice of 1 lemon

Method:

1. Place avocados in a bowl and mash with a fork.
2. Add diced tomatoes, spring onions, basil and lemon juice to the bowl and mix until combined.
3. Transfer to a serving bowl.

Nutrition

Energy	560 kJ (134 calories)
Protein	2g
Saturated Fat	1g
Total Fat	10g
Carbohydrates	3g
Sugars	3g
Dietary Fibre	8g
Sodium	11mg

Nutritional information is provided per serve