Dip plate – avocado smash

Preparation time

30 minutes

Serves

4

Recipe courtesy of

Nutrition Australia ACT

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

2 ripe avocados

2 tomatoes, diced

2 small spring onions, finely sliced

small bunch of basil, shredded

juice of 1 lemon

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.

Nutritional information is provided per serve

Engery	560 kJ (134 calories)

Protein	2g
Saturated Fat	1g
Total Fat	10g
Carbohydrates	3g
Sugars	3g
Dietary Fibre	8g
Sodium	11mg