

Creamy Guacamole

CAL: 316 PROTEIN: 4 CARBS: 30 FIBRE: 7 FAT: 20



Creamy Guacamole



SERVES:
6



TIME:
10 minutes



INGREDIENTS

3 ripe avocados, mashed
80g sour cream
1 lime, juiced
1-2 cloves garlic, finely minced
1 tsp red chilli flakes
Large pinch sea salt flakes
1 packet corn chips

INSTRUCTIONS

Start by peeling and mashing the avocados in a medium-sized bowl.

Next, stir through the sour cream, lime juice and garlic.

Finally add chili flakes and a large pinch of sea salt flakes. Give it one final mix.

Serve with corn chips.

MACROS

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