

## REBALANCE GUACAMOLE



MINUTES TO PREPARE  
5



SERVES  
2 as a side or  
4 as a dip

### INGREDIENTS

**1 avocado**, halved and stone removed  
**1/3 fennel**  
**1/2 courgette**, end removed, skin on  
**Broccoli stalk**, skin cut off  
**1 clove garlic**, peeled  
**1 spring onion**, outer skin peeled, tail off and cut into 3  
**Juice 1/2 lemon**  
**Pinch of salt**  
**Good grind of black pepper**  
**2 tablespoons Greek yoghurt**  
**Drizzle rapeseed oil**  
**Large handful of fresh coriander**  
(leaves and stalks)

You will need a Nutri-bullet or good food processor to get through the fennel, courgette and broccoli stalk. See the alternative method if you don't have one.

### LET'S GET MIXING

- 1 Place all of the ingredients in a Nutri-bullet and blitz. Taste and adjust the seasoning as necessary.
- 2 If you don't have a Nutri-bullet or good food processor, simply omit the vegetables and use another avocado instead. Then mash the avocados with a fork, finely slice the spring onions, crush the garlic and chop the coriander.

This will last in the fridge for up to 2 days.

*"If you are feeling like you've been eating yellow food for a few days, I urge you to make this. It's called Rebalance Guacamole as it's jam-packed with goodness to get you right back on track. Once you've tasted it, your body will naturally crave less starch and sugars and more vegetables and fruit."*

*Dips like this are so much more than just a dip for crisps. Try with carrot sticks as an afternoon snack, or spread over toast for a simple nutritious dinner. How about with a poached egg on top for added protein? Or alongside a beef chilli, homemade baked beans, beetroot quinoa or as a spread for chicken fajitas. The list is endless. And then promise you'll never buy a jar of premade guacamole to go with Doritos ever again. Promise?!"*