



## Mexican Style Avocado Dip

Serving: 1

Veg

### *Ingredients*

- Serves 1
- 2 tbsp hung curds
- 1 large sized ripe avocado
- 1 tsp lemon juice
- Salt and pepper powder to taste
- $\frac{1}{2}$ th tsp mixed herbs or Mexican style Fajitas or taco seasoning

### *Preparation Method*

- Place the avocado in a bowl and mash well.
- Add all the remaining ingredients and mix well.
- Serve with whole wheat/ multigrain toasties or whole wheat pita chips