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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
- <sup>1</sup>/<sub>2</sub>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