



MINT BASIL GUACAMOLE

RECIPE PROVIDED BY: Avocados from Mexico

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 4-6

INGREDIENTS

- 4 ripe Avocados from Mexico
- 3 tablespoons fresh mint (finely chopped)
- 3 tablespoons fresh basil (finely chopped)
- 1 ½ limes (juiced)
- ½ teaspoon smoked paprika (plus more for sprinkling)
- 1 ½ teaspoons Himalayan or sea salt
- Small handful pumpkin seeds
- Small handful sunflower seeds
- 150g container of soft tofu (optional)
- Tortilla chips
- Cucumber slices (optional)

INSTRUCTIONS

STEP 1

Mix all ingredients together in a medium-sized bowl using two forks. Add the soft tofu if you prefer a 'lighter' guacamole. Sprinkle lightly with smoked paprika.

STEP 2

Serve with tortilla chips and/or cucumber slices (another light option, if you prefer).

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