



## Avocado dip (makes about 1 cup)

Equipment:

Mini chopper or food processor

Ingredients

1 large avocado \*see note

½ - 1 tablespoon lemon juice

½ teaspoon miso (white one)

2 tablespoons extra virgin olive oil  
or avocado oil

¼ teaspoon salt



Directions

- 1) Slice avocado half and remove the seed.
- 2) Put all ingredients in a mini chopper or food processor. Process until everything mixed well and smooth texture.
- 3) Serve with your favourite crackers.

Note:

It's okay to use slightly hard avocado as long as it's soft enough to cut, remove seed and skin.

