

Guacamole

Ingredients:

2 ripe avocados
squeeze of lemon
1 garlic clove (minced)
½ small Spanish onion (chopped)
1 small tomato (chopped)
Dash of vege seasoning (optional)



How to prepare:

In a food processor blend the avocado until smooth
In a bowl, add the avocado mix to the garlic, onion and tomato.
Mix well with a squeeze of lemon juice.



Hummus

Ingredients:

1 can chick peas (drain the liquid and wash the chick peas)
½ lemon (squeezed)
½ clove garlic (crushed)
1 tablespoons tahini
Dash of vege seasoning
Water

Method:

Blend all ingredients in a food processor until smooth.
Add water until the consistency is to your liking.