

Green Pea “Guacamole”

If you are afraid of avocados but enjoy herbs and spices, this dairy-free recipe may be more up your alley.

Serves 4

3 cups frozen peas, completely defrosted

1 garlic clove, crushed

2 green onions, trimmed and chopped

1 tsp juice of lime

½ tsp ground cumin

dash of hot sauce (optional)

1 tbsp extra virgin olive oil

2 tbsp chopped fresh cilantro

Fresh ground pepper (to taste)

Pinch of cayenne (to garnish)

Pinch of salt (to taste)

Combine all ingredients (except cilantro) in a food processor until smooth. Add the chopped cilantro and process for a few seconds, until blended.

Chill for 30 minutes in the fridge before serving with carrots, celery sticks or gluten-free crackers.

Inspired by a recipe in Detox Dieting by Nicola Graimes, Anness Publishing Ltd. 2000