

ENERGY GUACAMOLE WITH VEGGIE CHIPS



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— Easy Recipes —

Guacamole

- 2 avocados mashed
- 1/3 cup olive oil
- ¼ cup green onions chopped
- 1 tsp minced jalapeno/chili
- ½ cup fresh coriander chopped 1tbsp minced garlic
- 1 tsp minced ginger
- 1 tsp celtic sea salt
- ½ cup cherry tomatoes diced
- ¼ tsp fresh lemon juice
- 1/4 tsp. each of nutmeg, turmeric, cumin, paprika, cinnamon, yellow curry paste

Veggie Chips

- Finely slice beetroot
- pumpkin

Sweet Potatoe to make thin chips.

Drizzle with oil and sea salt and bake in oven until crispy.