



Little chef
recipe

Avocado spread

Ingredients

Avocado
Tomato
Lemon juice
Chives
Sandwich or cracker

Aan de slag

- ♥ Cut the avocado in half and remove the pit.
- ♥ Scoop the flesh from the avocado and mash it until smooth with a fork.
- ♥ Cut the tomato into small pieces.
- ♥ Add the tomato, lemon juice and some chopped chives to the avocado mash.
- ♥ Spread the avocado spread on a sandwich or cracker.

Tip: you can also use the avocado spread as a dip.