

# Green Pea & Mint Dip

## Serves 4

1 ⅔ cups (250g) green peas, frozen

1 clove garlic

2 tbsp. lemon juice

½ avocado

2-3 sprigs fresh mint, leaves only

## What you need to do

1. Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.
2. Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.
3. Serve as a dip with fresh vegetables, crisps, crackers or pita.



GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	92	4	11	4

\*Nutrition per serving

