



Secret Foodies Recipes

Chai'zy Avacado

A healthy breakfast alternative, appetiser or snack. Serves 2

Ingredients

2 ripe avocados

juice of half a lemon

¼ cup fresh basil, chopped

1 tbsp chia seeds

10 cherry tomatoes, halved and roasted

pinch cayenne pepper

pinch Celtic sea salt

Preparation

Mash the avocados with a fork then combine with other ingredients. Cayenne pepper will add that extra kick to this dip. Spread on your favourite toast and drizzle with olive oil.