FastKetoVegan

Vegan Spinach Avocado Dip

Description

Easy, healthy, and delicious dip. You will love it.

Prep/total time: Fifteen minutes

Servings: 12

Ingredients

1/2 cup of spinach leaves

2 ripe avocados, mashed 1
clove of garlic, crushed

1/4 cup of fresh coriander, chopped

3/4 cup of dairy free coconut yogurt

1 tablespoon of lime juice

3 tablespoons of Extra Virgin Avocado Oil

1/2 teaspoon of sea salt

1 tablespoon of Extra virgin avocado oil

For Mexican Salsa

10 cherry tomatoes

1/4 cup of canned red kidney beans

A handful of chopped fresh coriander

2 tablespoons of Extra Virgin Avocado Oil

1 tablespoon of lime juice

1 clove of garlic

1 packet of Brown Rice Chips

Instructions

1. Pour the spinach into a bowl of boiling water, cover, and keep aside for two minutes. Drain and rinse the spinach with water. Pat the spinach dry to remove excess water.

2. Add in the spinach, crushed garlic, mashed ripe avocado, coriander, lime juice, coconut yoghurt, salt, avocado oil, and pepper into a food processor. Blend the mixture until smooth, about two minutes. Pour into a bowl and drizzle the extra virgin avocado oil on it.

3. Transfer to a refrigerator to cool for about thirty minutes before you serve.

To make Mexican Salsa

1. Mix the chopped tomatoes and red beans in a bowl. Then mix the crushed garlic, avocado oil, and lime juice.

2. Sprinkle the salsa on the dip and add in additional coriander. Serve with brown rice chips.

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