

## Healthy Avocado Dip Recipe

Prep time: 5 mins

Cooking time: 0 mins

Serves: 5

### Ingredients:

- 1 cup fresh parsley or fresh coriander
- 1 avocado
- 1/3 cup olive oil or avocado oil
- ¼ cup water
- 2 garlic cloves
- 2 green chili peppers (optional)
- ¼ cup lime juice
- 1 tsp salt
- Handful pistachio nuts

### Method:

1. In a blender or food processor, add all the ingredients — except the oil and the pistachio nuts — and mix until smooth.
2. Add oil and nuts at the end and mix roughly. It's nice when the sauce is not too smooth and a bit chunky. Add more oil or water for a thinner texture.
3. Salt and pepper to taste



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