



## Green Pea Spread

### Ingredients:

- 2 cups frozen green peas
- 1 medium avocado, pitted and roughly chopped\*
- 3 tbsp. chives or scallions, finely chopped
- 2 tbsp. lime juice (approx. 2 limes)
- 1 tsp. salt or to taste\*\*
- ¼ cup diced tomatoes (for garnish)
- More chives or scallions, chopped (for garnish)

### Instruction:

1. Place all the ingredients into a food processor and process until smooth. (I actually leave mine a bit chunky)
2. Garnish with the diced tomatoes and chives or scallions.

**Tip:** Serve with crackers or on sandwiches. It's also delicious in a pita pocket with sprouts and tomato.

*\*Hass avocados are creamy and rich and work well in this recipe. However, any small to medium creamy avocado will do.*

*\*\*Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda*