



OVEN BAKED CORN CHIPS WITH GUACAMOLE

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- GF, DF, SF, SOYF, NF, SOYF, VN, VG

INGREDIENTS

2 Avocado, diced
 1 Red onion, diced
 2 Tomatoes, diced
 1/2 Bunch of Basil, diced
 1 C Lime juice
 1/2 tsp. of chilli, diced
 Salt
 Pepper
 250g corn chips oven baked
 gluten free

METHOD

- 1 Mix all the ingredients in a bowl with olive oil and lime juice.
- 2 Add salt and pepper.
- 3 Serve in a plate with corn chips and a beautiful lime juice with ice.

TIP:

This recipe its ideal for a hot summer day served with lime juice and ice.

The guacamole salad can be served with other kind of food as well, very health and light its ideal for low calories diet and lot flavour.

SERVES #

NUTRITION INFO

CALORIES	TOTAL FAT	SAT. FAT	SODIUM	TOTAL CARBS	FIBRE	SUGARS	PROTIEN
477	29.6g	10g	113.3mg	44g	3.3g	8,97g	6.9g