



Smashed Peacamole with Crackers

4 servings

10 minutes

Ingredients

- 1 cup Fresh Peas
- 2 Avocado
- 2 Garlic (cloves, minced)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 7 1/16 ozs Seed Crackers

Nutrition

Amount per serving	
Calories	416
Fat	23g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	47g
Fiber	17g
Sugar	3g
Protein	10g

Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

Notes

Likes it Spicy, Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

No Fresh Peas, Use frozen peas, corn or edamame instead.

No Lemon Juice, Use apple cider vinegar instead.

Serving Size, There is approximately 1/3 cup of peacamole per serving.