



PROBIOTIC GUACAMOLE

Serves 2

Ingredients

- 1 ripe avocado
- 1 Tbsp lime or lemon juice
- 1 Tbsp Lime Coconut Water Kefir (or more lime juice)
- 1 heaped Tbsp of plain sauerkraut (or kimchi for a spicier flavour)
- 1 Tbsp chopped fresh coriander
- 1 clove of garlic, chopped

Instructions

Blend all the ingredients in a blender until smooth and creamy. Serve straight away.

Recipe by Michelle Yandle