

## Tofu Guacamole

A creamy, tangy dip that you can whip up in a minute!

### Ingredients

- 1 ripe avocado
- 300g (10.5 oz) silken tofu
- 1 tsp garlic
- 1 tbs lemon juice
- 1 tbs mild chilli sauce
- 1 tbs flaxseed oil
- Dash of Tabasco sauce
- Pepper to taste

### Method

1. Blend until smooth.
2. Serve cold with crackers, salad vegetables etc.

