

## Mint Raita

### Ingredients

250ml (8 fl oz) Natural Yogurt  
20g (¾ oz) Chopped Mint  
Pinch Cayenne Pepper

Serves: 4  
Carbs: 3.9g  
Fat: 0.6g  
Protein: 3.2g



### Directions:

Mix together the yogurt and mint with the cayenne pepper. Cover and chill.

## Guacamole

### Ingredients:

1 avocado  
Juice of ½ lime  
½ garlic clove, finely chopped  
1 tbsp finely chopped onion  
1 small tomato diced  
1 tbsp chopped coriander leaves  
½ tsp finely chopped red chilli pepper  
Generous pinch cumin powder  
Pinch mild chilli powder  
Salt

Serves: 1  
Carbs: 3.5g  
Fat: 19g  
Protein: 2g



### Directions

Cut the avocado in half and scoop out the flesh. Roughly mash the flesh with a fork and stir in the lime juice. Gradually add the garlic, onion, tomato, coriander and chilli pepper, mix them in well and season with cumin, chilli powder and salt

Serve with grilled chicken, homemade burgers, potato skins or crudités.