



# *Avocado Dip + Healthy Chips*

## **Ingredients**

### **Avocado Dip**

- 2 avocados, mashed
- 1/2 cup Greek yoghurt
- 1/2 teaspoon of garlic powder
- Juice from 1/2 fresh lime (or more)
- Salt + Pepper (freshly ground)

### **Healthy Chips**

- 2 Pita bread (Lebanese bread)
- 1 Tbsp. Olive Oil
- salt to taste
- paprika (a sprinkle) Optional
- cumin (a sprinkle) Optional



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## **Method**

### **Healthy Chips**

1. Preheat oven to 180°C.
2. Cut pita bread into 8 triangles.
3. Each triangle will have two layers. Open the layers up and cut the fold to make two crisps from each triangle.
4. Line a baking tray with baking paper or brush tray lightly with olive oil.
5. Place the triangles on the tray and brush lightly with remaining olive oil.
6. Sprinkle salt, paprika and cumin lightly over each triangle.
7. Bake for 5 minutes or until crisp. Let it cool before serving.

### **Avocado Dip**

1. Mix all ingredients together.
2. Serve dip with oven baked chips.

### **Tip:**

- If you prefer plain chips, leave out with the paprika and cumin.
- For garlic chips, sprinkle with a little crushed garlic or garlic powder.