

## Avocado bruschetta

### Ingredients

- 2 avocados, peeled and cut into ½-inch pieces
- 2 spring onions, chopped
- 2 small tomatoes, seeded and diced
- 2 tablespoons fresh lime juice
- 1 tablespoon apple cider vinegar – this needs to be unfiltered hence containing the ‘mother’ – Biona and Raw brands are good.
- 1 tablespoon coconut oil
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons hot sauce
- ½ teaspoon garlic powder/fresh garlic
- ½ teaspoon Himalayan salt
- ¼ cup chopped fresh coriander

Put all through food processor – adding coriander at end – use within a sheet of nori seaweed, my gluten-free wraps, romaine lettuce leaves or as dip for vegetable crudités.