



Guacamole with Garlic on Wholemeal Bread

🕒 15–20 Min   

Preparation

- 1 Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. In a bowl mash the flesh using a fork.
- 2 Dice the tomatoes. Peel and thinly slice the onion. Add the tomato and onion to the smashed avocado.
- 3 Thinly slice the cilantro and fold it into the guacamole.
- 4 Squeeze the lime and mix the lime juice with the chili granules and garlic granules. Season with sea salt and pepper to taste.
- 5 Spread the guacamole onto wholemeal bread sprinkle with cilantro leaves and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

2	Slices of wholemeal bread
2 piece	Avocados
1	Tomato
1	Onion
1	Lime
1	Handful of fresh cilantro leaves
1 tsp.	♦ Garlic Granules
1 pinch	♦ Chili Extra Hot Granules
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

