

Smashed Pea Guacamole with Cilantro, Ginger and Lime

Ingredients:

- 1 cup green peas, fresh or frozen
- 1 cup cilantro with some of the tender stems
- 1 inch ginger, freshly ground (keep it frozen, it is easier to grind)
- 1 lime, juiced
- 2 large avocado's, pitted
- 1 clove of garlic, roughly minced more if needed
- $\frac{3}{4}$ tsp Celtic sea salt and freshly ground black pepper

Directions:

In a food processor, pulse green pea, and garlic until evenly combined.

Add remaining ingredients and pulse until desired consistency is achieved.

Adjust seasoning to taste

Serve with blue corn tortilla chips or fresh veggies: carrots sticks, red pepper, celery, and jicama.