

## Sweet Pea Dip

### **Ingredients:**

1 cup peas, fresh or defrosted  
1 medium-sized avocado, peeled, pitted and dice  
3 tbsp lemon juice  
1 garlic clove, roughly chopped  
1/4 cup fresh cilantro + more for garnish  
Salt and pepper, to taste

### **Directions:**

Place the peas, avocado, lemon juice, garlic, cilantro, salt and pepper in a food processor or blender and blend until smooth. Taste and adjust seasoning.