



## **SOME HOMEMADE DIPS**

### **Roasted red pepper dip**

Drain a 290g jar of chargrilled roasted peppers and put it in to a food processor with 1 roughly chopped garlic clove. add a pinch of salt and plenty of black pepper. blitz until smooth. use as a dip or a sauce for grilled chicken, meat or fish.

### **Guacamole**

Mash 1 ripe avocado with half a crushed garlic clove, a pinch of hot chilli powder and the juice of 1/2 a lime. Put in a small bowl and serve.

### **Berry smoothie with oats - serves 1 (ready in 5 mins)**

Handful of fresh strawberries, hulled and halved 100g

Handful or fresh raspberries 50g

1 small ripe banana, thickly sliced

2 heaped tbsp porridge oats 15g

Splash of skimmed milk

Put the berries, banana and oats in a blender, add the milk and blend until as smooth as possible. Add a little extra milk if its too thick. Pour in to a tall glass and enjoy!