



Houmous topped avocado with tomato salad

- Slice ½ small and mix with 2 chopped tomatoes, a handful of pitted olives, a squeeze of lemon juice and a drizzle of olive oil.
- Halve and stone an avocado and put each half onto a plate. Spoon humous into the space where the spoon was, then scatter over the salad. Drizzle with a little more olive oil then serve.

Once we have introduced complex carbs back into the diet, you can serve the above with a wholemeal piece of toasted bread. This would also make a lovely starter at a dinner party!