

# AVOCADO CHIPS

VEGETARIAN



## INGREDIENTS (x2 Servings)

- 2 medium avocados
- 50g oats
- Handful finely chopped chives
- 3 eggs, beaten

## DIRECTIONS

- Peel your avocados, remove the stones and cut into wedges.
- In a food processor blend your oats into a flour consistency.
- Mix your chives and oat together, and put the mixture onto a plate.
- In a bowl beat your eggs before dipping your avocado wedges in, then add them to your blended oats and coat.
- Place them on a lined baking tray and bake in the oven at 180 degrees for 20-30mins until golden brown and crispy.
- Serve with soured cream and added chives.

Nutritional Information (per serving): Calories: 436kcal | Protein: 15g | Carbs: 29.5g | Fat: 29g