



Linda's BBQ dip for the summer!

Swimming pools, picnics and backyard BBQ parties – these are often the highlights of July for most people. Is it your turn to entertain, but you don't want to offer the same old store-bought dips? Why not surprise your guests with this healthy and yummy avocado and pomegranate guacamole. I absolutely fell in love with this tasty dip this past weekend at my girlfriend's house. It's a great new twist on the common guacamole dip.

I grew up believing that avocados were fattening. On the contrary, avocados are an incredible source of "good fat". They are also rich in potassium and are particularly good in many other minerals, including magnesium, iron and manganese. This is just one incredible way to add a healthy fat to your diet.

Dip - Avocado and Pomegranate Guacamole

- 2 large avocado, halved and peeled
- ½ cup chopped red onion
- 1 chopped garlic clove
- 3 – 4 tbsp chopped fresh cilantro
- 3 tbsp fresh lime juice
- 1 tsp of sea salt
- ½ cup pomegranate seeds
- Dash of hot sauce or chilli peppers

Chop avocado in chunks and combine with red onion, garlic, cilantro and lime juice. Add pomegranate seeds and season with sea salt. This dip is amazing with toasted baguette slices, but you could also use whole-wheat pita bread or cut-up veggies.

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