



Spiruline Algahé

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Guacamole petal Spirulina

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ingredients :

- 1 ripe avocado
 - 1 tomato
 - 2 tablespoon shaved soup petals Spirulina
 - 2 tablespoon water
 - 1 teaspoon lemon juice
 - 1 teaspoon extra virgin olive oil
 - 1 clove garlic, chopped degermed and knife Some green stalks of spring onions
 - 1/2 teaspoon gomasio
- 1) Halve your lawyer and remove the core. Cut into cubes and place the cubes in a mortar.
 - 2) Wash and also cut your tomatoes into 1 cm square approx, you add to the lawyer, and Spirulina, water, lemon juice, olive oil, garlic and stir well with the pestle by crushing slightly the lawyer.
 - 3) Put in the fridge for 2 hours and serve with a little gomasio on top and a few slices of green stalks of spring onions.

This version of guacamole is excellent and with toasted bread is very good !



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