

# Smashed Pea Guacamole

*This recipe makes approximately 2 ½ cups of guacamole*



## Ingredients

**1 cup** green peas, fresh or thawed  
**1 large handful** cilantro  
**1 piece** fresh ginger, peeled and chopped  
**1** lime, juiced  
**2** avocados, pitted and peeled  
**1 clove** garlic  
Salt and pepper to taste

## Directions:

1. Put the green peas, ginger, and garlic into a food processor or blender and pulse until evenly combined.
2. Add the remaining ingredients and pulse until desired consistency is reached.
3. Line your tray with parchment and spread the guacamole out evenly. Add the dividers in the 40 portion configuration to help the guacamole freeze dry evenly.
4. Freeze until frozen solid
5. Freeze dry (my cycle time was 28 hours)

## Rehydration:

Add 1 - 1 ¼ cups of cold water gradually while stirring until the texture is smooth and creamy. Let sit for 5-10 minutes to allow the chunks to fully rehydrate. Add more cold water to reach a thinner consistency.

## Notes:

This recipe makes 4 servings. This guacamole is also good as a stuffing for mini bell peppers, or on top of fresh sliced zucchini and cucumbers. It will also be satisfying as an add on topping for tacos.

## Nutritional Value Per 1 serving

Calories: 165 Protein: 3 g Fat: 12 g Carbohydrates: 13 g Sugar: 2 g Fiber: 6 g