

Guacamame (Edamame Guacamole)



Discover new flavors with our delicious Guacamame (Edamame Guacamole) recipe. A creative fusion of classic guacamole and edamame, offering a healthy and flavorful twist to your appetizers.

Preparation 5 min

Cooking 0 min

Servings 5

Nutrition Facts (per serving)

Calories 115

Fat 11

Carbohydrates 9

Fibre 6

Protein 5

Sodium 20

Ingredients

- 2 mature avocado
- 250 ml (1 cup) frozen shelled edamame, thawed
- The juice of 1 lime (or 30 ml / 2 tbsp)
- ½ green onion, finely chopped
- 5 ml (1 tsp)
- Sriracha sauce

Preparation

1. Peel the avocados and remove the pits. Place the flesh in the container of a blender.
2. Add all the other ingredients and blend until the desired texture is obtained.

Notes

Can be kept 1-2 days in the refrigerator and does not freeze.



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