



Avocado & Fish Dip

SERVINGS: 2

INGREDIENTS

1 whole avocado
100–200 g of canned
sardines, herring, or
mackerel
3 tbsp of extra virgin
olive oil
Salt and pepper to
taste

DIRECTIONS

1. Cut avocado in half and remove the stone.
2. Dice the avocado and scoop into a bowl.
3. Remove the fish from the can and mix it with the avocado.
4. Add olive oil, salt and pepper.
5. Mix well without making the dip too smooth. The creamy texture of the avocado balances nicely with the texture of the fish.

NOTE

This recipe was provided by a member of Arthritis Research Canada's Arthritis Patient Advisory Board and is based on personal experience. It should not be interpreted as dietary or medical advice.