



Minty Avocado Raita

👤 2

⌚ 10 Min

Description

Minty Avocado Raita is a Vitamin-rich dairy accompaniment tastes yummy serve with any meal. It is a great way to add protein & probiotics to your meals enhancing health and wellness.

Ingredients

- 1 Chopped Tsp(0.76 gm) Pudina
- 1/8 Tsp(0.49 ml) Lemon Juice
- 1/8 Tsp(0.21 gm) Jeera Powder
- 1/4 Powder Tsp(0.54 gm) Red Chilly
- 1/8 Chopped Cup(19.0 gm) Avocado
- 1 Chopped Tbsp(8.0 gm) Onion
- 1/4 Tsp(1.0 gm) Black Salt
- 1/4 Powder Tsp(0.75 gm) Black Pepper
- 1/4 Cup(60.0 gm) Nestlé A+ Curd

Method of Preparation (Step by Step)

- In a mixing bowl add 1/4th tsp red chilly powder,1/4th tsp black pepper powder,1/8th tsp jeera powder,1/4th tsp black salt,1/8th tsp lemon juice, mashed avocado and mix it well.
- Add into the 1/4th cup Nestlé A+ Curd,1 tbsp chopped onion,1 tsp chopped mint leaves and mix well.
- Serve

Nutrition Information per serve

Energy	71.99 kcal
Carbohydrate	3.54 gm
Protein	2.26 gm
Total Fat	5.15 gm
Total Fiber	1.96 gm