



## Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

### Ingredients

1/2 Avocado (peeled, pit removed)  
2 tbsps Sauerkraut (roughly chopped)  
1 3/4 ozs Seed Crackers (1 serving =  
about 15 crackers)

### Nutrition

Amount per serving	
Calories	385
Fat	23g
Saturated	2g
Carbs	41g
Fiber	15g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	416mg

### Directions

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Use the back of a fork to mash together the avocado and sauerkraut in a bowl.  
Serve with crackers and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**No Crackers:** Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.