

## ***Bull Whip Kelp, Avocado and Basil spread***

Serves 4-6

### **Ingredients:**

2 ripe avocados, halved, pitted, scooped out of skins, and cubed  
Large handful of fresh basil leaves  
2 tablespoons extra-virgin olive oil  
2 teaspoons fresh lemon or lime juice  
1 garlic clove, peeled and minced

1teaspoon or more powdered bull whip kelp to taste

A pinch of cayenne to taste (optional)

### **Directions:**

1. Combine basil, garlic, and a pinch of powdered bull whip kelp and cayenne in a small food processor and blend until ingredients form a paste.
2. Add avocados and process until smooth. Blend in the oil and lemon or lime juice, and then season with the rest of the bull whip kelp.

Use this delicious bull whip, avocado and basil spread in place of mayonnaise - it's particularly tasty on fresh raw veggies and makes a wonderful dip for crackers.