

LaDeeDa-LICIOUS SPICY AVOCADO CRAB DIP

What You'll Need:

- one bag of Terra Sweets & Beets
- 2 green onions
- 2 cloves fresh garlic
- 1 cup Fusion-12 Vegetable Tomato Sauce
- 454 gram package of Crab meat
- 1 large ripe avocado
- 1 cup crumbled Greek Feta
- 2-3 tablespoons of Fire&Ice, Spicy Ice Wine Relish
- 3 tablespoons EVOO, fresh ground pepper & Cilantro(optional)



Here's how you'll put it all together:

1. Pre-heat oven to 350 degrees and place chips on non stick baking sheet
2. Chop onion into thin pieces, mince garlic cloves and and set aside
3. Cut avocado into small pieces, approx 1/2 inch and set aside
4. In a large bowl, take the crab meat and separate into flake style pieces
5. Add crumbled Greek Feta and 2 tablespoon olive oil and mix together
6. Add onion and Fusion sauce(gentle toss) and then add the Fire&Ice, Spicy Ice Wine Relish
7. Put in remaining olive oil and avocado pieces and gently blend together
8. Place baking sheet with Terra Sweets&Beets into oven for 7-10 minutes
9. Remove from oven and plate around a glass bowl of your **LaDeeDa-Licious Spicy Avocado Crab Dip**(you'll wanna show off this gorgeous dip n'chips)

