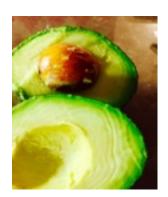
LaDeeDa-LICIOUS SPICY AVOCADO CRAB DIP

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&lce, 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
- 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)

