



# sauerkraut recipes

## *appetizers*

### *Avocado Surprise Dip*

#### Ingredients

- 1 1/2 small avocados
- 3/4 cup packed Krrrrisp Kraut® Sauerkraut
- 3/4 cup sour cream
- 1 tsp. table salt
- 1/2 tsp. ground black pepper
- 1 small red ripe tomato, diced
- 1/4 large red onion, diced
- 2 1/4 oz. dry roasted almonds, slivered or sliced
- 5 oz. shredded cheddar cheese
- Tortilla chips



### *Avocado Surprise Dip*

#### Directions

In a large mixing bowl, combine the peeled and pitted avocados with the sauerkraut and sour cream. Use a potato masher to mash together these ingredients. Then add the salt and pepper. After dicing the tomato and red onion, fold these items in with a spatula or wooden spoon. Lastly, fold in the almonds and approximately 1/2 of the shredded cheddar cheese. Transfer the dip into a shallow 8 inch cake pan. Bake at 350°F for about 10 minutes. Remove from the oven and sprinkle the remaining cheddar cheese on top of the dip. Put back in the oven and bake a few more minutes until the cheese on top is melted.

**Serve with chips, bread, or for a lower carb option use veggies of your choice for dipping.**

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