

GLUTEN-FREE RICE CAKES & TAHINI OR AVOCADO DRESSING

A quick and easy snack.

INGREDIENTS

- 2 to 3 large gluten-free rice cakes
- 1 tablespoon of tahini or ½ an avocado

METHOD

- Spread the rice cakes with either the tahini or avocado.
- You can also add sardines, home-made gaucamole or home-made hommus for more variety.



DETOX