

Bruschetta Three Ways

Ingredients

3 slices of fresh bread (Ciabatta was used here)

ITALIAN INSPIRED BRUSCHETTA

- 50 grams/half a 100g tub of Chris' Traditional Avocado Dip
- 1 tsp of dried oregano
- 1½ a tomato, sliced
- 3-4 baby bocconcini, roughly torn
- Fresh basil, to serve

MEXICAN INSPIRED BRUSCHETTA

- 50 grams/half a 100g tub of Chris' Traditional Avocado Dip
- 1½ a tsp of smokey paprika
- 1¼ of a red capsicum, diced
- 1¼ of a cup of corn kernels
- 1 spring onion, finely sliced
- Chilli flakes and greek yoghurt or sour cream, to serve

THAI INSPIRED BRUSCHETTA

- 50 grams/half a 100g tub of Chris' Traditional Avocado Dip
- 1 tsp of honey
- 1 spring onion, finely sliced
- 2-3 Vietnamese mint leaves, roughly chopped
- 1 fresh or dry red chilli, sliced
- Black sesame seeds, sesame oil and lime, to serve



Method

- Toast the bread until a grill both sides until lightly golden.

ITALIAN INSPIRED BRUSCHETTA

- Mix Chris' Traditional Avocado Dip with oregano and spread evenly over the toasted bread
- Top with tomato, olives and bocconcini and place back until the grill for 1-2 minutes or until the cheese just starts to melt
- Serve topped with basil leaves and season to taste

MEXICAN INSPIRED BRUSCHETTA

- Mix Chris' Traditional Avocado Dip with smokey paprika and spread evenly over the bread
- In a small bowl, mix together the capsicum, corn and spring onion
- Top the avocado mix on the bread with the capsicum corn mix
- Dollop on your yoghurt or cream and sprinkle chilli flakes (optional), to finish

THAI INSPIRED BRUSCHETTA

- Mix Chris' Traditional Avocado Dip with honey and spread evenly over the bread
- Top with spring onion and sliced chilli
- Drizzle with sesame oil and finish with Vietnamese mint leaves, black sesame seeds and a squeeze of lime



Recipe by Natalie Zee / [Healthy Natty](#) for Chris' Dips.