

GUACAMOLE

NUTRITIONAL INFORMATION *(per serving)*:

Calories: 172 Total Fat: 15g Saturated Fat: 0g

Cholesterol: 102mg Sodium: 11mg

Carbohydrates: 7g Fiber: 2g Sugars: 2g

Protein: 2g



INGREDIENTS:

- 6 Haas avocados, halved, seeded, and peeled
- 2 limes, juiced
- 1-teaspoon sea salt
- 1-teaspoon cumin
- 1-teaspoon cayenne
- ½ medium-diced onion
- 2 Roma tomatoes, seeded and diced
- 2 Tablespoons chopped cilantro
- 2 cloves of garlic, minced

DIRECTIONS

1. Place the avocado meat, lime juice, and seasonings into a large bowl.
2. Using a potato masher, mash ingredients together.
3. Then fold in the onions, tomatoes, cilantro and garlic.