

Guacamole



Servings: 4

TOTAL TIME



DIFFICULTY



EASY



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN
& VEGAN

Preparation

1. Scoop out contents of avocado into a mixing bowl, discarding the pit and skin.
2. Add lime juice, onion and garlic, and mash together with a potato masher or fork.
3. Gently stir in tomato.
4. Refrigerate for 30 minutes to let flavors combine. Serve with fresh vegetables or baked tortilla chips.

Nutrition Facts Per Serving

Calories	132
Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	10g
Fiber	5g
Protein	2g

Ingredients

- 2 avocados
- Juice of 1 lime or lemon
- 1/3 cup onion, minced
- 1 clove garlic, minced
- 1 medium tomato, chopped
- Dash hot pepper sauce (optional)

