

7 - I N G R E D I E N T G U A C A M O L E ::



Lime juice and cilantro add citrusy notes to this "avocado sauce" (the translation of guacamole). Scoop it up with organic corn chips, sweet potato chips, or add it to burritos or taco salads.

Prep Time: 5 minutes **Serves:** 2-4

Ingredients

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|------------------------------|-----------------------|
| 1 avocado | 1 tsp. cumin |
| 1-1 ½ tsp. fresh lime juice | 1/8 tsp. salt |
| 1-2 T cilantro | Freshly ground pepper |
| 1 small garlic clove, minced | |

Instructions

1. Peel the avocado, remove pit and mash.
2. Add remaining ingredients to the avocado and stir thoroughly.
3. Best if served immediately.

Recipe Notes

Avocados are ripe when their skins are black and they yield gently to the touch.

A fork or potato masher work well to mash the avocado.

Sometimes I add in diced onion and/or finely diced tomatoes to mix things up a bit.