

Guacamole

smooth, spicy, and bright, you have to love this traditional Mexican dip!



TOTAL TIME:
15 MIN

SERVINGS:
4-6



VEGAN/VEGETARIAN/
GLUTEN FREE

SNACK

RECIPE FROM:
OLGA!

Thank you to Olga, for submitting this recipe!

Ingredients

- 4 avocados
- 3 tomatoes
- 1 small onion
- 1/2 cup cilantro
- 1 jalapeno pepper
- Salt to taste
- 1 or 2 lemons to taste

Instructions

- 1) Dice tomatoes, onion, cilantro, and jalapeno pepper
- 2) Cut avocados in half length-wise and remove seed, then scoop from outer shell
- 3) Place avocados in a bowl and gently mash
- 4) Add other ingredients to avocados and mix
- 5) Add salt and lemon juice to taste

Enjoy!