

Cooking for Wellness

Sponsored by:





Guacamole

Ingredients

3 avocados, peeled, pitted, and mashed

1 lime, juiced

1 tsp salt

1/2 cup diced onion

3 tbl. chopped fresh cilantro

2 roma tomatoes diced

1 tsp. minced garlic

1 pinch ground cayenne pepper

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Instructions

- 1. Peel and pit avocadoes
- 2. Dice onion
- 3. Chop fresh cilantro
- 4. Dice roma tomatoes
- 5. Mince garlic
- 6. In a medium bowl, mash together the avocados, lime juic, and salt
- 7. Mix in onion, cilantro, tomatoes, and garlic.
- 8. Stir in cayenne pepper