

Glorious Guacamole

Serves 12

Serving Size: ½ cup

Ingredients:

- 6 avocados
- 6 tsp sea salt
- ½ cup chopped tomatoes
- ½ cup chopped green onions
- ½ cup chopped yellow onions
- ¼ cup lemon juice
- ¼ cup lime juice

Instructions:

1. Mash all avocados in a large bowl.
2. Add salt, mix well, and taste. You can always add more, so be careful!
3. Add lemon and lime juice. Mix well.
4. Chop tomatoes, green onions, and yellow onions. Mix into mashed avocado.
5. Taste, and add more salt, lemon or lime juice as needed!

For extra flavor consider adding ¼ cup chopped cilantro, or ¼ cup worchestire sauce.



Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 91	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1168 mg	49 %
Potassium 276 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 4 g	14 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	12 %
Calcium	7 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so	