

Guacamole

Makes: 2 cups

This simple homemade guacamole is creamy, fresh, and perfect for dipping.

Ingredients

- 3 ripe avocados
- 1 Tbsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp salt
- ½ cup cherry tomatoes, quartered
- ¼ cup onion, finely chopped

Instructions

1. Cut avocados in half and remove the pit. Scoop the flesh into a bowl.
2. Add lemon juice and mash the avocado coarsely.
3. Mix in garlic and salt.
4. Gently fold in tomatoes and onions.
5. Serve immediately.

Storage Tip:

If storing leftovers, press plastic wrap directly on the guacamole surface and refrigerate to prevent browning. May add the avocado seed to the bowl to maintain green color.

Serving Idea:

Serve with tortilla chips, vegetable sticks, or whole-grain crackers.

Nutrition (per ¼ cup):

Calories: 127 | Total Fat: 11 g | Carbohydrates: 8 g | Fiber: 5 g | Protein: 2 g | Sodium: 298 mg | Saturated Fat: 2 g | Sugar 1 g

REFERENCE:

Modified from *BRIGHTEN UP BREAKFAST* (MOUTHWATERING AND NUTRITIOUS RECIPES TO VITALIZE YOUR DAY) by Erica Nedley

