

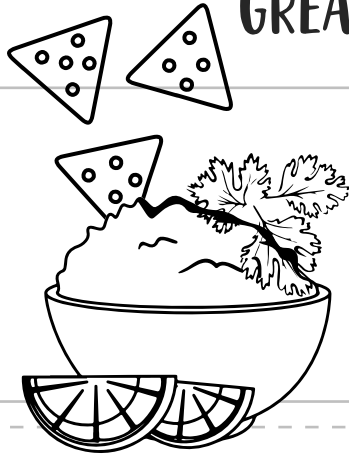


## HEALTHY OPTION FOR SNACK



### GREAT GUACAMOLE

SERVINGS:



INFO:

Guacamole is a filling and healthy option for a snack, appetizer or condiment.

🕒 Prep time (total time): **10min**

🔥 Calories: **279kcal** per serving

### INSTRUCTIONS:

1. Halve and pit the avocados. With a tablespoon, scoop out the flesh into a mixing bowl.
2. Mash the avocados with a fork, leaving them still a bit chunky.
3. Add all of the rest of the ingredients, and fold everything together. Season with salt and pepper.

INGREDIENTS:

5 avocados



1 lime juiced



1 lemon juiced



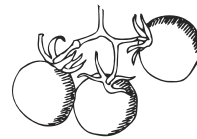
1/2 small onion finely chopped



1 clove garlic minced



1 tomato chopped



1 handful cilantro roughly chopped



1 pinch salt



SERVE WITH PITA CHIPS OR FRESH CUT VEGGIES.

