

TRADITIONAL GUACAMOLE WITH VEGGIES

Fresh, easy, and authentic guacamole



INSTRUCTIONS

1. Mash the avocados

- 4 large avocados, ripe

Slice the avocados in half, remove the pit, and scoop into a mixing bowl. Mash with a fork to your desired level of chunky or smooth.

2. Add the mix-ins

- 1/2 small yellow onion, finely diced
- 1 Roma tomato, diced
- 3 Tbsp finely chopped fresh cilantro
- 2 to 3 Tbsp finely diced jarred jalapeño (chop the jarred slices further so they're finely diced)
- 2 garlic cloves, minced
- 1 lime, juiced
- 3/4 tsp sea salt
- Dash of Tapatío hot sauce

Add all the remaining ingredients to the mashed avocado and stir together. Taste and add a bit more salt, lime juice, or Tapatío if needed.

3. Serve

- Sliced cucumber and bell peppers, for serving

Serve immediately with sliced cucumber and bell peppers, a healthy, low-carb alternative to tortilla chips.

NUTRITION (per 3/4 cup serving)

Estimated, does not include the dipping vegetables

- Calories: 210
- Total Fat: 18g
- Total Carbs: 12g
- Fiber: 8g
- Net Carbs: 4g
- Protein: 3g

STORAGE

Guacamole browns quickly, but you can slow it down: pack leftovers down firmly in a container, add about 1/2 inch of cold water on top, cover, and refrigerate. Drain the water and stir before serving. Keeps this way for up to 3 days.



Recipe created by Mind-Body Functional Health.
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