

Two Minute Guacamole

Ingredients:

- 1 large ripe avocado (or 1.5 Hass avocados)
- 2-3 tbsp fresh salsa (ideally organic, or can be homemade pico de gallo)
- 1 tbsp chopped cilantro
- Juice of ½ lime
- Pinch of cumin + pinch of cayenne pepper
- Sea salt to taste

*note: this serves about 2-3, so feel free to multiply this recipe!

Instructions:

1. Scoop out avocado flesh with a spoon, place in a bowl, mix in lime and sea salt and mash with a fork.
2. Mix in the cilantro and salsa.
3. Taste guacamole and adjust for seasoning as needed. Enjoy with baby carrots and celery, and/or gluten free seed crackers.

