



FYGmdnp Recipe

Hearty and Healthy Guacamole

• Perfect appetizer for any party

- 6-8 ripe haas avocados
- 4-6 tbsp of lemon juice
- 1 medium organic yellow onion, diced
 - 1 medium organic tomato, diced
- 1 tbsp garlic powder and onion powder
 - 2 tbsp of finely chopped cilantro
- 1 tsp of black pepper and pink Himalayan salt
(you can add 1 small raw jalapeño for spice if you like)

1. Remove skin from avocado and cut in half. Remove seed and slice avocado into small squares. Place in large mixing bowl. Mash until desired consistency. We like ours a little chunky to add to the heartiness!
2. Add in lemon juice, seasonings, tomato and onion. Mix ALL together
3. Sprinkle cilantro on top.
4. Enjoy with organic sweet peppers, organic carrot chips or celery, organic corn tortilla chips or place on top of a salad, tacos, or turkey burger.

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