

Guacamole

Prep Time: 6 minutes

Guacamole Recipe:

2 very ripe avocados
1 clove of garlic
1 cup tomato (optional)
1 tbsp lime or lemon juice
2 tbsp onion
1/2 red pepper
1 stalk of celery

Instructions:

Press garlic, mince onion, chop tomato, red pepper and celery and place in bowl. Halve avocados, remove pits and scoop flesh into a bowl and mash well. Add to other ingredients. Add lemon or lime juice, and mix well. Cover and chill. Use as a dip, in pitas or sandwiches.

Option: Add a small amount of Rhonda's No Oil Dressing for a unique flavor and creamier consistency.

Recipe Credit:

George Malkmus of Hallelujah Acres

We get our produce from:



www.freggies.com

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