



Recipes

Snacks

Guacamole Dip

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

2 ripe avocados, peeled and pits removed
1 tablespoon red onion, chopped
2 tablespoons cilantro, finely chopped
1 cup fresh tomatoes, chopped
2 tablespoon fresh lime juice
Sea salt and pepper to taste

Directions:

1. Combine all ingredients, mix well to make a smooth dip.
2. Slice vegetables such as bell peppers, cucumbers, jicama, carrots, broccoli for dipping.