

## Fast Guacamole

from The Sunfood Diet Success System by David Wolfe

- 3 avocados**
- 3 ripe jalapeno peppers**
- 1 habanero pepper**
- 3 tomatoes**
- 1 bunch cilantro**
- 1 ripe yellow lime**



Mix and mash. Squeeze lime onto the mixture. The lime juice acts as an antioxidant allowing the mixture to keep longer and taste better. Keeping the avocado pits in the mixture will also help the guacamole to last longer.

Complements of Spirit Touch Living Light Center

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