

Guacamole

Serves 4

Ingredients:

4 ripe avocados
2 roma tomatoes, diced fine
2 T. red onion, minced
3 T cilantro, minced
1/2 t garlic
Juice of 1 lime
1/4 t sea salt
1/2 - 1 jalapeno, seeded and minced fine
(optional)



Preparation:

Place all ingredients in a bowl with a flat bottom and mash it with a potato masher. Stir well and keep refrigerated. This dish will brown on the areas exposed to air within a few hours, so serve it shortly after making it or just stir again before serving.

We usually eat this as a dip with raw baby carrots and everyone in my family really enjoys it.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

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