



# Homemade Guacamole

## **INGREDIENTS:**

**2 AVOCADOS** (*ORGANIC PREFERRED*)

**2-4 ORGANIC GRAPE TOMATOES DICED** (*LOVE ANGEL SWEET TOMATOES*)

**1/2 CHOPPED ORGANIC YELLOW ONION** (*1015'S ARE THE BEST*)

**ORGANIC CRACKED BLACK PEPPER**

**SEA SALT**

**ORGANIC GARLIC POWDER**

**ORGANIC ROASTED CUMIN POWDER** (*ROASTED MAKES A DIFFERENCE*)

**1/2 - 1 LEMON** (*ORGANIC PREFERRED*)

**CUT AVOCADO IN HALF, REMOVE SEED, AND SCOOP OUT AVOCADO WITH A SPOON ONTO A PLATE. TAKE A FORK AND MASH THE AVOCADO TO GIVE IT A CREAMY TEXTURE. ADD DICED TOMATOES AND CHOPPED ONION. SEASON TO TASTE. SQUEEZE 1/2 - 1 LEMON OVER THE GUACAMOLE.**

*WE EAT GUACAMOLE AS A DIP WITH OUR FAVORITE CHIPS, ON TOP OF A TACO SALAD, AS A SIDE OF MANY MEALS INCLUDING EGGS FOR BREAKFAST. BE CREATIVE!*

**ENJOY!**