

guacamole

SERVES 8

RECIPE FROM: [All Recipes](#)

PREP TIME: 10 minutes

3 avocados, peeled, pitted and mashed
1 lime, juiced
1 tsp salt
½ cup diced onion
3 Tbsp chopped fresh cilantro
2 roma (plum) tomatoes, diced
1 tbsp minced garlic
1 pinch ground cayenne pepper (optional)

MASH together avocados, lime juice and salt in a medium sized bowl.

MIX in onion, cilantro, tomatoes and garlic.

STIR in cayenne pepper.

REFRIGERATE for 1 hour to best flavor then serve immediately.