

Healthy Recipes

Guacomole

3 organic medium avocado
1 fresh, organic chopped tomatoes
2 fresh, organic chopped green onion
½ cup red onion
3 cloves organic garlic, minced
½ lemon juiced
little bit lime sprinkled
¼ tsp cayenne and / or jalapeno pepper finely chopped (no seeds)
¼ tsp sea salt (to taste)

Mash avocado in bowl and mix with the rest of the ingredients. Serve cold with chips & salsa or vegetables. For avocado-tofu dip or dressing you can blend in a block of tofu, with some water added. For something creamier you can add yogurt!