

## **Guacamole - GF, SF, CF, VEG**

### ***Comments:***

Avocados are a good source of folate – important for heart health and potassium – promotes healthy blood pressure. Its monounsaturated fat helps your body absorb more nutrients from other veggies when eaten in combination. Avocado is a good source of fiber, vitamin K, E, B6 and copper. It is a complete protein containing all essential amino acids. Contains glutathione, which functions as a buffer neutralizing acids that can cause cell damage. Note: Those with a latex allergy may be allergic to avocados.

### ***Ingredients:***

2 ripe medium avocados  
juice and zest of 1 lemon or 2 limes  
one clove of minced garlic  
1/2 small red onion minced  
Himalayan salt and dash of olive oil to taste

### ***Directions:***

Scoop out the flesh of two medium avocados and mash them in a bowl with minced garlic, onion and juice and zest of one lemon to desired consistency. Season with salt to taste.  
Use as a dip for fresh crunch veggies or serve over brown rice or quinoa.  
Variation: mix in ½ cup plain sheep milk yogurt for a creamier guacamole.

Submitted by: Kaela 08/09