



Guacamole Recipe

"The real trick to great guacamole is to use good avocados, they need to be the correct ripeness." - Kelly May

Prep Time: 5 min.

Cook Time: 1 hr.

Ready In: 1 hr. 5 min.

Serving Size: 16 servings

Ingredients

- ✓ 2 avocados
- ✓ ½ lemon, juice
- ✓ 2 tablespoons chopped onion
- ✓ ½ teaspoon salt
- ✓ 2 tablespoons olive oil

Directions

1. Cut the avocados into halves. Remove the seeds, and scoop out the pulp into a small bowl. Use a fork to mash the avocado. Stir in lemon juice, onion, salt, and olive oil. Cover the bowl and refrigerate for 1 hour before serving.

Nutrition

Amount per serving

- ❖ Calories: 156
- ❖ Total Fat: 5 g
- ❖ Total Carbs: 3 g
- ❖ Protein: 0.6 g
- ❖ Sodium: 75 mg