



RECIPES

Guacamole

1 large ripe but firm avocado
1 teaspoon lime or lemon juice
1 tablespoon extra virgin olive oil
¼ teaspoon cilantro or cumin
dash of Real Salt
dash elephant garlic powder
dash red onion powder

Remove avocado from skin and mash with fork. Add lime or lemon juice and spices.
Mix well and serve.

Optional additives: 1 chopped Roma tomato, 1 tablespoon diced red onion