

Guacamole

Ingredients (makes about 6 servings)

- 6 Roma tomatoes
- 2-3 Jalapeno peppers
- 1/2 bunch Cilantro
- 1 clove Garlic
- 1 teaspoon Salt
- 2-3 big avocados

Directions

1. Clean tomatoes and peppers.
2. Chop tomatoes, peppers, garlic, cilantro and salt in a blender or food processor.
3. Mash avocados in a small bowl.
4. Add tomato mixture to the mashed avocados and mix with a spoon.
5. Serve with chips, tacos, eggs etc.

Nutrition Information- Per serving

Calories	175			Sodium	400mg
Protein	2.8g	Total Fat	14.8g	Cholesterol	0mg
Carbohydrate	12g	Saturated Fat	2.1g	Fiber	7.5g



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