



Guacamole

Peel, pit and coarsely chop the avocados.

Add juice of half a lime, diced red onions, cilantro, salt and pepper.

Mix gently with a fork and (about to get technical here) smush to your chunkiness liking.

You can also puree in a food processor if you like it smooth.

Optionally, add two tablespoons fresh chopped tomatoes.

Serve immediately or place in airtight container and chill in the fridge.

Enjoy!

INGREDIENTS

2 ripe avocados (they should be firm, but yield to gentle pressure)

juice of half a lime

3 tablespoons red onion, finely diced

3 tablespoons fresh cilantro, stemmed and chopped

1/2 teaspoon salt

dash freshly ground pepper

Optional - 2 tablespoons fresh chopped tomatoes

Lillyella
UNIQUELY YOU