



GUACAMOLE

Yield: Serves 2-4

Ingredients

- ❖ 2 ripe avocados, peeled, pitted and mashed
- ❖ 1 medium bell pepper (orange, red, or yellow)
- ❖ ½ cup grape tomatoes, halved
- ❖ Juice of 1 lime
- ❖ 1 tablespoon cilantro, finely chopped
- ❖ 1 teaspoon garlic, minced



Procedure:

1. Combine all ingredients in a bowl and mix well.
2. Season with sea salt and freshly ground black pepper.