

# Homemade Guacamole

## Why I make this:

Avocados are high in monounsaturated fats, fibre and various vitamins. They are excellent when frozen and added to smoothies to create a smooth, creamy texture. I use avocado instead of butter on sandwiches, I slice them up into salads, I put a dollop of cottage cheese in the hollow and season with some cumin, chili powder, salt and pepper for a great post-workout snack or lunch addition, and they also are the base for one of my favourite dips, Guacamole!

## Ingredients

2 ripe avocados

½-1 tomato, finely chopped

1 shallot or 2 Tablespoons red onion, finely chopped

Pinch of salt and pepper, to taste

1 clove of garlic, minced

Juice of 2 fresh limes

## Directions

Slice each avocado in half, going around the fruit with your knife from top to bottom.

Twist to open the avocado. Carefully smack your knife into the pit and twist gently so that you remove the pit. Discard.

Scoop out the flesh using a spoon and place in a bowl.

Mash with a fork, leaving some avocado chunks.

Add all other ingredients and combine. Taste. Adjust seasoning (more lime juice, more salt or pepper etc...).

Serve with Mary's crackers, Enerjive crackers (if you are lucky enough to find them where you live!), and fresh veggies (cucumber slices, red peppers, carrot sticks etc...)