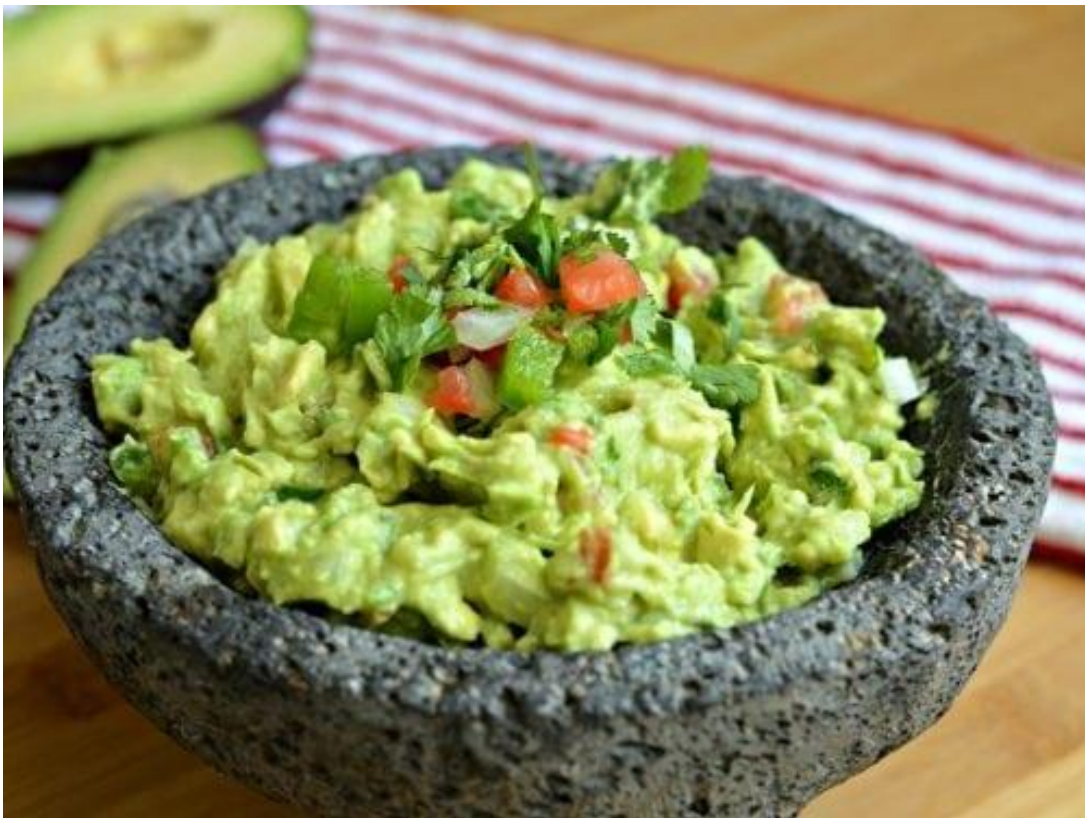




## Mexican Guacamole

Inspired by our recent Mexican vacation, we have really fallen in love with guacamole, and all the possible uses of it – as a dip, condiment, salad ingredient or as side for many meals. We also love its nutrition – it's packed with potassium, fibre, heart-healthy fats, anti-oxidants, reduces bloating, improves skin, and helps manage your weight.



HealthyNow provides Prepared Meals, Fresh Pressed Juices and Catering to support your fitness, wellness and nutrition goals.

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You'll need, for 6 servings:

- 5 large ripe avocados (slightly soft to the press)
- 2 large limes, juice of
- 1 medium white onion (diced)
- salt
- 1 large tomatoes (Diced, make sure it isn't overly ripe)
- 3/4 cup loosely packed fresh cilantro (chopped finely)
- finely chopped fresh jalapeno (optional)

To make it:

1. Slice avocados in half, without cutting into the seed
2. Separate the two halves, the large seed should stick to one of the halves.
3. Use a spoon to scoop the avocado out of shell without the seed. Place in bowl.
4. Tap a knife into the seed, then turn the knife to rotate the seed away from the avocado, then discard it. A demo of cutting an avocado is here: [www.youtube.com/watch?v=texyKNGt4iU](http://www.youtube.com/watch?v=texyKNGt4iU)
5. Use a spoon to scoop the remaining avocado out of the shell and place it in the bowl.
6. Add juice of one fresh lime immediately to prevent browning. Use a fork and mash to desired consistency.
7. Add chopped onions, tomato, and cilantro. Stir gently to mix ingredients.
8. Add juice of second lime and then salt to taste. Stir just slightly, until incorporated.
9. Add jalapeño to taste.
10. Note: this recipe makes a chunky, yet creamy guacamole. Some people prefer to use a food processor with all the ingredients to make for a VERY creamy dip.

Enjoy!

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