

Guacamole with Corn Chips

Ingredients:

- 2 ripe Haas avocados
- 1 teaspoon freshly squeezed lemon juice
- ½ cup finely chopped red onions
- ½ cup seeded and diced plum tomatoes
- 1 tablespoon freshly chopped cilantro or 1 tsp. dried cilantro
- 1-2 cloves minced garlic
- sea salt and freshly ground pepper to taste
- 1 bag organic corn tortilla chips

Directions:

1. slice avocados in half and remove the pit
2. remove the skin and chop into medium dice
3. place in plastic or glass mixing bowl, immediately add lemon juice and gently toss
4. add the onions, cilantro and garlic to the bowl and mix with a fork
5. season with salt and pepper to taste
6. just before serving add tomatoes

note: to keep guacamole from discoloring use lemon juice, keep the pit in the finished guacamole, use glass or plastic mixing bowls (a stainless steel or metal bowl may cause the avocado to discolor), and serve within twenty-four hours.

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