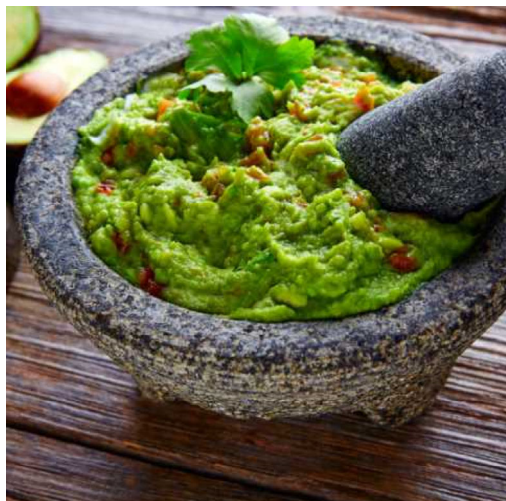


Guacamole



Course : Appetizer
Categories : Sauce
Source : www.livingupwell.com

Serving size : 8 servings
Preparation time : 15 mins
Cooking time :

Ingredients

3 Large Avocados
1 tbsp cilantro, chopped
2 tbsp lime juice
1/2 tsp sea salt
1 tsp ground cumin
1/2 tsp ground paprika
1/2 tsp garlic powder
Optional: 2 roma tomatoes, seeded and diced

Directions

1. Cut avocados in half, carefully remove seed and scoop out flesh with spoon.
2. In a medium bowl combine avocado, cilantro, lime juice, salt, cumin, paprika and garlic powder; mash with potato masher (or fork) until chunky.
3. Add diced roma tomatoes (if using).
4. Taste and adjust seasonings as needed. You may need to add more lime juice, sea salt or cumin.
5. Let sit for 2 hours at room temp for flavors to combine. Cover with plastic wrap by pushing plastic wrap to the surface of the guacamole to prevent excess air from causing it to brown. Serve at room temperature. Refrigerate in air-tight container up to 3 days.