

# guacamole and fresh veggies

**Makes 6-8 servings**

**PREP TIME:** 10-15 minutes

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3 avocados  
1 lime, juiced  
1 tsp salt  
½ medium onion  
½ pint grape/cherry tomatoes or 2 roma tomatoes  
3 Tbsp fresh cilantro  
1 Tbsp minced garlic or 1 tsp garlic powder  
1 pinch ground cayenne pepper (optional)

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1 jicama  
½ lime, juiced  
dash of cayenne pepper  
3-5 whole carrots  
1 red, orange or yellow bell pepper  
2-3 stalks of celery

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**NOTE:** Guacamole is best served fresh, so adjust ingredients according to how much will be eaten that day.

PEEL and pit avocados and place in a medium sized bowl.

MASH together avocados, juice from 1 lime and salt.

DICE onion and tomatoes.

CHOP fresh cilantro.

MIX onion, tomatoes, cilantro and garlic into mashed avocados.

STIR in cayenne pepper (optional).

REFRIGERATE for 30-60 minutes for best flavor, then serve immediately.

WHILE guacamole is chilling in the fridge, prep vegetables.

CUT jicama into strips and then toss with juice from ½ lime and a dash of cayenne.

CUT carrots, pepper and celery into strips.

DIP vegetables into guacamole and enjoy!

