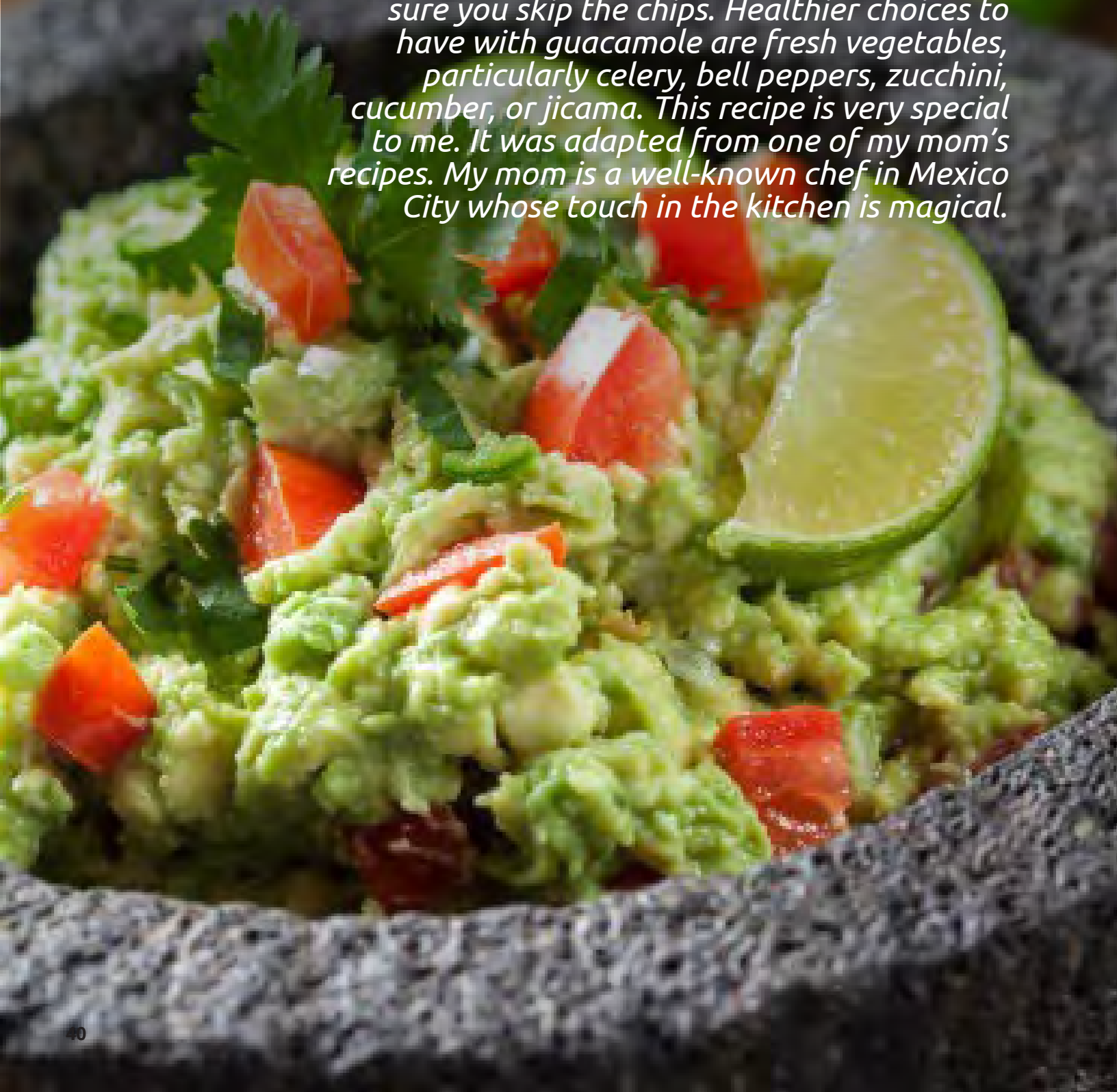


Guacamole de Spa

Guacamole is a very healthy and satisfying snack. It can also be a great side dish. Make sure you skip the chips. Healthier choices to have with guacamole are fresh vegetables, particularly celery, bell peppers, zucchini, cucumber, or jicama. This recipe is very special to me. It was adapted from one of my mom's recipes. My mom is a well-known chef in Mexico City whose touch in the kitchen is magical.



TOTAL TIME: 7 min.

Prep: 7 min.

Unattended: 0 min.

Storage Notes: Guacamole can be refrigerated for 3 to 4 days.

Equipment Required: None

Gluten-Free, Dairy-Free, Sugar-Free, Soy-Free, Paleo

INGREDIENTS	SERVINGS		PROCEDURE
	2	6	
Garlic	1	3	In a small pan, roast garlic on both sides. When it is roasted, chop it and set aside.
Roma tomato – organic	1	3	
Onion	1 Tbsp	3 Tbsps	Chop the ingredients in this section.
Cilantro – fresh	¼ Cup	¾ Cups	
Serrano chile	¼	¾	
Avocado	1	3	Peel the avocado and place in a medium bowl. Use a potato masher to smash the avocado.
Lime	2	6	Add ingredients of this section to the smashed avocado.
Sea salt	¼ tsp	1 tsp	Add chopped ingredients.
Magic Ingredients:			
Turmeric	Dash	¼ tsp	
Celery powder	Dash	¼ tsp	Add ingredients on this section.
Garlic powder	Dash	¼ tsp	
Cinnamon	Dash	¼ tsp	
Cayenne pepper	Dash	¼ tsp	
			Taste for season.
			Serve with veggies (celery, zucchini, carrots, radishes, jicama, cucumbers).
			Divide equally among plates.