

# Healthy Food for a Wealthy Mood

advice for | **life**<sup>SM</sup>



## Recipe Name: Guacamole

- - 3 Avocados- peeled, pitted, & mashed
- - 1 lime, juiced
- - 1 teaspoon of salt
- - ½ cup diced onions
- - 3 tablespoons of freshly chopped cilantro
- - 2 Roma tomatoes, diced
- - 1 teaspoon minced garlic
- - 1 pinch of cayenne pepper, optional

## Cooking Instructions

- - In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate for 1 hour for best flavor, or serve immediately.

## Nutrition Facts

- - 262 calories kcal (13 %), 0 cholesterol mg (0 %), Fiber 11.4 grams (45 %), Sodium 596 mg (24 %), Carbs 18 grams (6 %), Fat 22.2 grams (34 %), Protein 3.7 grams (7 %)

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