

Appetizer

Mai's Guacamole



Ready in **15 minutes**

Serves **4-6**

Ingredients

- 3 avocados, chopped
- 1 cup chopped tomatoes
- ¼ cup sweet purple onion, minced
- ¼ cup cilantro, chopped
- 1 lime, juiced - keep 1 Tbsp aside
- 4 cloves garlic, minced
- 1 tsp Himalayan or sea salt

Preparation

1. Chop avocados and put in water mixed with 1 Tbsp lime juice, set aside
2. In a large bowl, add the following ingredients: tomatoes, onion, cilantro, lime juice, garlic
3. Drain avocados from lime water, add to the bowl and mix all ingredients together.
4. Taste, add more salt if needed.

Tips

You can add a minced jalapeno or chili of your choice for some heat. Another option is to add chopped banana peppers for a nice tang.

Spiritual Message from this recipe

Eat the colors of the rainbow. It feeds your physical and spiritual body.