



**Guacamole**

**6-8 SERVINGS**

Nutrition Facts per Serving:

Calories: 170-225 Protein (g): 2-3

Fat (g): 15 Carbohydrate (g): 12-15

# Ingredients:

4 ripe avocados

3 tablespoons freshly squeezed lime juice

8 dashes of tobacco

1 red onion diced small

1 large clove garlic, minced

1 teaspoon salt

1 teaspoon ground pepper

1 medium tomato, seeded and diced

**Instructions:**

1. Cut the avocados in half, remove the pits, and scoop the flesh out of their shells into a large bowl. Immediately add lime juice, hot sauce, onion, garlic, salt, and pepper and toss well.
2. Using a sharp knife, slice through the avocados in the bowl until they are finely diced. Add tomatoes.
3. Mix well and taste for salt and pepper.