



## Avocado & Mango Guacamole

4 servings

1 small shallot minced  
1 medium tomatoes, diced into small pieces  
¼ cup lemon juice  
1 cloves garlic minced  
1 jalapeno or Serrano chili pepper, minced  
cayenne pepper to taste  
¼ tsp Celtic sea salt  
2 ripe Avocados, pitted and diced  
1 mango, cut into ¼" dice  
4 Tb chopped cilantro

- In a bowl combine the shallots, tomatoes, garlic, jalapeno, lemon, salt, and cayenne.
- Mix this so it is well combined.
- Let sit for 5 minutes while you prepare the avocado.
- Cut the avocados in half and remove pit. Cut again in half which will make it easy to peel off the skin.
- Cut into chunks and mash to get a chunky mixture.
- Add the tomato mixture.
- Mix in cilantro. Taste to adjust seasonings.
- Serve