

Guacamole

4 servings

2-3 ripe Avocados, pitted
1 small red onion, diced
2 medium tomatoes, diced into small pieces
Juice of 1 lemon
1 clove garlic minced
1 jalapeno pepper minced
cayenne pepper to taste
½ tsp ground cumin
Celtic Sea salt to taste
4 Tbs chopped cilantro

- In a bowl combine the onion, tomatoes, garlic, jalapeno, lemon, salt, cumin 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 pulp into chunks; don't worry if it gets a little mashed up.
- Add the tomato mixture.
- Mix in cilantro
- Serve