

Guacamole Recipe

Guacamole

Note: ALL INGREDIENTS MUST BE ORGANIC

Ingredients:

- 3 ripe avocados - peeled, pitted, and mashed
- 1 lime, squeezed
- 1 teaspoon Real Salt
- 1 teaspoon minced garlic
- 1 tablespoon Plant Derived Minerals
- 3 tablespoons chopped fresh cilantro
- 1 onion, diced

Instructions:

Mix all ingredients together in a bowl until well combined-and that's it! Enjoy with veggies, gluten-free chips, or as a topping on just about anything.

This isn't just guacamole-it's a mineral-boosted, clean, anti-inflammatory recipe you can feel great about sharing.