

## Guacamole:

- 3 medium avocados
- 1 lemon, juice of
- 1/2 teaspoon sea salt
- 1/4 cup cilantro, finely minced

### Directions:

1. Put avocado and lemon juice in a bowl and mash with a potato masher or fork until smooth.
2. Add salt cilantro and stir well.
3. Adjust lemon and salt to taste

Serve with fresh veggies

Borrowed with Permission from Dr. Ritamarie Loscalzo