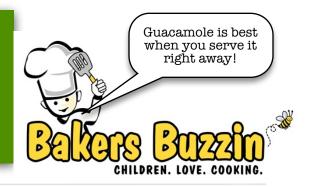
## FRESH GUACAMOLE!



## Ingredients

1 Ripe hass avocado, pitted

1/4 lime, juiced

1/8 small red onion, peeled and diced (about 1 Tbsp)

l cloves fresh garlic, peeled and minced

1/2 small tomato, diced

1 Tbsp fresh chopped cilantro leaves (about 10 leaves)

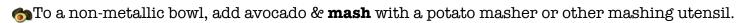
1/4 tsp cumin

Salt and pepper to taste

Pinch Cayenne Pepper (optional)

## Instructions

🗞 Fully **wash** all fresh ingredients



SJuice lime over mashed avocado and stir to combine and prevent browning

**Dice** the red onion and tomato and add them into the bowl with the avocado.

**Mince** the garlic using a garlic mincer or food chopper and add to the bowl with the other vegetables. **Mix** the vegetables together with a wooden spoon.

SUSING your fingers, gently separate the leaves of the cilantro from the stem. **Coarsely chop** the cilantro leaves with a safety knife or other utility knife.

Add cilantro, cumin, salt, pepper and optional cayenne pepper to the remaining ingredients and **mix** thoroughly.

**Serve** immediately with chips or tacos! Avocados turn brown when exposed to air, so this recipe is best when eaten right away.



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