





TIME: 10 MIN

The easiest homemade guacamole ever! My family loves guac with chips, tacos, burritos, veggies, gluten-free crackers and more.

Ingredients

- 2 Avocados cut and pitted
- 1 tbsp chopped onion
- 3 tbsp lime juice
- 1/4 c packed cilantro leaves
- 1/4 tsp garlic powder
- 1/2 tsp sea salt
- 1 tbsp Extra Virgin Olive
 Oil
- optional 2 drops of Citrus
 Fresh Vitality

Directions

- 1. Put everything into a medium size bowl.
- 2. Use a hand mixer to blend it all together.
- 3. Serve and enjoy with chips or veggies!



 For a chunkier guacamole use a potato masher or fork to mash avocado and finely chop the cilantro and onion, then combine the remaining ingredients.

