

Fats Guacamole

Description

Lime juice acts as an antioxidant allowing the mixture to keep longer and taste better. Keeping the avocado pits in the mix will also help the guacamole to last longer. Use only organic ingredients.

Ingredients

- 3 Avocados
- 3 Ripe Jalapeno Peppers (less if want less heat)
- 1 Habanero Pepper (omit for less heat)
- 3 tomatoes
- 1 bunch cilantro
- 1 Ripe yellow lime

Instructions

Mix and mash. Squeeze lime into the mixture. Leave avocado pits in to keep dip fresh longer.

Notes

Summary

Yield: 4

Source: Sunfood Diet

Prep Time: 5 minutes

Tags: Healthy, high alkaline, Dip