

# Guacamole

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*This classic guacamole makes a great dip for vegetables or a perfect side for burgers or grilled chicken.*

## Guacamole

Prep Time	Cook Time	Yield
10 Minutes	none	2 to 4

  

Amount	Ingredient
2	Medium ripe avocados
2	tbsp Fresh lime juice (1 to 2 limes)
1/4	tsp Truffle, pink, or gray salt
1/3	cup Freshly chopped cilantro
2	tbsp Red onion finely diced (optional)

## Instructions

1. Cut the avocados in half, remove the pits, and scoop the flesh into a bowl. Mash with a fork to the desired consistency (I like mine lumpy).
2. Add the remaining ingredients and stir to combine. Serve!

### TIPS:

Great dipping vegetables include carrots, celery, broccoli, mushrooms, jicama, radishes, kohlrabi, Belgian endive, asparagus spears, and sliced raw beet, turnip, and rutabaga. Other great dipping options are Dehydrator Plantain Chips, Sweet Potato Chips, and Plantain Crackers.