



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Lime Guacamole

Ingredients:

- 1 ripe avocado
- 1 lime, quartered
- Sea salt, to taste
- Tortilla chips, tortillas, or pita toasts (to serve)

Directions:

1. Open the avocado and scoop out the flesh. Mash with a fork or spoon.
2. Squeeze the lime juice and add to the avocado.
3. Add salt to taste, mix well.
4. Serve with tortilla chips, tortillas, or whole grain pita toasts.

Serves 2

166 calories, 15 g fat, 2 g saturated fat,
10 g carbohydrate, 7 g fiber, 2 g protein, 7
mg sodium (without added salt)

Source: Oldways

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