



## Gaucamole

*Not only is this dip delicious but it is full of nutrients! The avocados are high in monounsaturated fat which raises HDL(good) cholesterol and glutathione which prevents both heart disease and cancer. The tomatoes are high in lycopene which also combats heart disease and cancer. This dip is great served with raw vegetables, which will give you even more antioxidants.*

### **Ingredients:**

2 Ripe Avocados  
3 T Lemon Juice  
2 c. Tomatoes, chopped  
1 c. Onions, chopped  
1 garlic clove, minced  
2 T cilantro, minced

### **Directions:**

Cut avocados in half and remove the large seed. Scoop out the pulp and place in a small mixing bowl. Drizzle pulp with lemon juice and mash. Add remaining ingredients and mix well. Serve with raw vegetables or tortilla chips for dipping. **Makes 15 servings.**

### **Nutrition Facts Per Serving (2T):**

Calories	50	Saturated Fat	0.5 gm	Carbohydrate	4 gm
Fat	3.5 gm	Sodium	0 mg	Fiber	2 gm

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