



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Guacamole- Serves 4-6, 2~ Tbsp each

Ingredients

2 Ripe Hass Avocados	Dash of Freshly Ground Black Pepper
½ Teaspoon Himalayan Salt or Sea Salt	2 Garlic Cloves, Finely Chopped
3 Tablespoons Fresh Lemon Juice	Dash of Paprika
¼ Cup Minced Red Onion	1 Sun-Dried Tomato Soaked in Water (or more, to taste)
2 Tablespoons Cilantro (leaves), Finely Chopped	

Cut the avocados in half and remove the pits. Scoop out the flesh with a spoon. Using a fork, mash the avocados. Sprinkle with salt and lemon juice.

Soak the minced red onion in cold water with a dash of salt for 10 minutes, then drain. This will lessen the intensity of the onions. Add the minced onion, cilantro, black pepper, garlic, and paprika to the mashed avocados.

Chop the sun-dried tomato and add to your guacamole just before serving.

Angela Burge
MEDICINE WOMAN

Food Energy Plant
aburge@angelaburge.com
www.angelaburge.com
209-404-5130