



Ingredients:

2 ripe avocados
1 medium Roma tomato, diced
1/2 red onion, diced
2 tbsp cilantro, chopped
2-3 cloves garlic
Juice of 1/2 lime
1 tsp sea salt, to taste

Preparation:

Split avocados in half, discard pits and scoop the flesh out into a medium-sized mixing bowl or food processor. Mash with a fork (bowl option) or blend (food processor option) until creamy with small chunks.

Add in tomatoes, onion and cilantro.

Press garlic cloves over bowl and add lime juice. Mix together until combined evenly.

Add salt to taste.

Garnish with cilantro and lime slices.