

## SIMPLE GUACAMOLE

2 ripe avocados

2-3 Tb. lemon or lime juice

1-2 cloves garlic, minced, or ¼ tsp. garlic powder

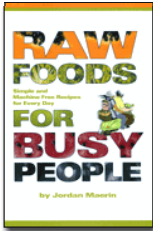
¼ c. minced red onion

Sea salt or Bragg's liquid aminos to taste

1 chopped tomato

Mash the avocado, then mix in citrus juice and spices. Fold in remaining ingredients, adding tomatoes last.

Serve Guacamole with cucumber slices or carrot sticks, or with Flax Crackers.



Based on "Kitchen Sink Guacamole"  
From the book,  
*Raw Foods for Busy People*,  
by Jordan Maerin