

Home-Made Guacamole

5 large, ripe avocados
5 cloves garlic, finely minced
juice of 1 lemon
1/2 tsp. sea salt
1 mango, cubed
2 vine-ripened tomatoes, cubed
1 onion, finely chopped
1/2 cup fresh cilantro, chopped
pepper to taste

Preparation time: 5 minutes

Serves: 5-8

1. In a large bowl, mash avocados. Stir in garlic, lemon juice, and sea salt.
2. Fold in mango, tomatoes, onion, and cilantro. Pepper to taste.
3. Serve with non-allergic chips of choice. (*Might I recommend "Beanitos", made with only beans, meaning no corn, gluten, wheat, or soy.*)