

# Nightshade-Free Guacamole

Lime & Cilantro are the stars!

Prep Time: 10 minutes

Cook Time: 0 minutes (though 1 hour to rest is preferred)

Level of Difficulty: 

## Ingredients

- 3 Haas avocados, halved, seeded & peeled
- 2 Limes, juiced
- 1/2 teaspoon Sea Salt
- 1 teaspoon Ground Cumin
- 1 clove Garlic, minced
- 1/4 medium Yellow Onion, finely diced
- 4 tablespoons Chopped Fresh Cilantro



## Instructions

- Scoop the Avocado flesh into a mixing bowl.
- Roll the 2 limes on a hard countertop until they feel soft, to ensure maximum juice extraction.
- Juice the limes over the Avocado. Toss to coat.
- Sprinkle in the Sea Salt, Ground Cumin, and minced Garlic.
- Using an avocado tool or potato masher, mash all ingredients together to your desired smoothness.
- Gently mix in the diced Onion and chopped fresh Cilantro.
- Enjoy immediately, or let sit for an hour for flavors to marry even further together. Serve at room temperature.
- Store in an airtight container and refrigerate leftovers.