

Fresh Guacamole

Ingredients:

1. 4 Medium sized avocados
2. 2 Tbsp. freshly squeezed lemon juice
3. Salt (as needed)
4. 1 Diced medium sized tomato

Directions:

1. Scoop avocados out of their peels and add lemon juice to prevent avocados from browning and mash them using a fork
2. add salt to the avocados and mix
3. add tomatoes and gently fold the mashed avocados in order to preserve the diced tomatoes shape
4. serve in a bowl along with some chips and enjoy

