

## Fresh Guacamole Dip

### Description

*This dip is loaded with flavor and nutrients. You will love it.*

**Prep/total time:** Ten minutes

**Servings:** 4

### Ingredients

3 ripe avocados  
½ onion, finely diced  
2 medium Roma tomatoes, diced  
3 tablespoons of, fresh cilantro, chopped  
1 jalapeno pepper, deseeded and finely diced  
2 cloves of garlic, minced  
Juice of 1 lime  
1/2 teaspoon of sea salt

### Instructions

1. Cut the avocados in half, then remove the skin and pit and transfer into a mixing bowl. Using a fork mash the avocados to desired consistency.
2. Add in the rest of the ingredients and stir.