

Everyday Guac

Mash together the avocados, lime juice and salt. Gently stir-in remaining ingredients until well combined.

Refrigerate for 1 hour to enhance flavor or serve immediately.

Enjoy Erin's Everyday Guacamole

Guacamole is one of my favorite ways to enjoy avocados. It's always a crowd pleaser and usually the first dish to get wiped out at all our get togethers. Why save guacamole for parties? It's ridiculously simple to prepare and can add a burst of flavor to all your meals.

- **Not just for chips!** Scoop your guac with slices of red bell pepper. They are loaded with vitamin C and provide the same satisfying crunch.
- **Top salads.** Use guacamole instead of salad dressing. It's bold flavor and creamy texture easily replace more unhealthy dressings (eh em..ranch). The healthy monounsaturated fats in avocado improve the satiety of a salad as well as your bodies ability to absorb many of the fat soluble nutrients in the veggies.
- **With Eggs.** Jazz up your egg routine with a little guac. Use a scoop on top or cook it right into an omelette.
- **Liven up boring weekday chicken!** Chicken breast is a staple in our house, but it can get a little monotonous. Make it fun with a scoop of guacamole and a side of black beans. Simple and delicious.
- **On the go.** Wholly Guacamole makes convenient single serving guacamole cups to pack in your lunch. They combine a few natural ingredients, perfectly portioned and sealed to stay fresh.