



FLIP OVER  
FOR RECIPE

*Fresh*

**GUACAMOLE**

# Fresh GUACAMOLE

**TOTAL TIME**  
15 minutes

**PREP TIME**  
15 minutes

**SERVES**  
3-4

**COOKING LEVEL**  
easy

## INGREDIENTS:

- 1 Pure Flavor® Roma Tomato
- 3 Avocados
- 1 Onion
- 1 Lime
- 1 Fresh jalapeño (optional)
- ¾ Tbsp. Freeze dried cilantro

## DIRECTIONS:

1. Wash, peel, remove pits and mash avocados in a medium serving bowl.
2. Peel and cut both ends of onion, chop finely.
3. Wash and cut tomato, chop finely.
4. Stir in onion, cilantro, tomato, and jalapeño.
5. Wash, cut lime in half, juice, and mix well.
6. Add salt and pepper, if desired.

**Yield:** Approximately 2 cups of Guacamole

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