



NUTRITION CONSULTING INC.

Guacamole

By Andrea Holwegner BSc, RD

Avocados contain heart healthy unsaturated fats.

Serve with oven-toasted chips: simply cut pita or tortilla wraps into triangles, spray with oil, and bake until golden for a lower-fat and lower-sodium alternative to traditional chips.

Makes 8 servings

What you need:

2 ripe avocados
1 tbsp lime juice
1 onion, minced
1 clove garlic, minced
1 tomato, seeded and chopped finely
1 jalapeno pepper, seeded and minced
Salt to taste
Optional: 2 tbsp finely chopped fresh cilantro



How you prepare:

Peel avocados, remove pit and mash in a bowl. Stir in remaining ingredients and mix well.

Per ¼ cup serving:

Calories: 90
Carbohydrates: 6g
Protein: 1g
Fat: 8g
Fibre: 3g

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com