

Recipes makes: 13 Servings (2 Tbsp per serving)



Ingredients-

- ♥ 2 ½ ripe, medium california avocados, diced
- ♥ 1 Tbsp red or white onion, chopped
- ♥ 2 Tbsp [D'Avolio Flaxseed](#) (ground)
- ♥ 2 Tbsp red tomato, chopped
- ♥ 2 Tbsp lime juice, freshly squeezed
- ♥ 2 tsp cumin
- ♥ 2 Tbsp cilantro, chopped

PREPARATION:

1. Mix prepared ingredients together in a bowl with juice and spices.
2. Serve chunky or blend for smoother texture.

Nutrition Facts	
Serving Size: 4 Tbsp	
Servings: 13	
Amount Per Serving	
Calories 80	Calories from Fat 60
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

