

Flaxseed Guacamole



Recipes makes: 13 Servings (2 Tbsp per serving)

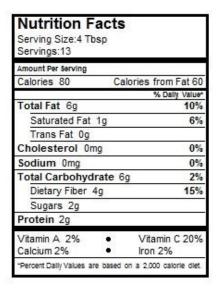


Ingredients-

- 💟 2 ½ ripe, medium california avocados, diced
- 💟 1 Tbsp red or white onion, chopped
- 2 Tbsp <u>**D'Avolio Flaxseed**</u> (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.





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