

# Go To Guacamole

Very fresh and easy guacamole that you can mash by hand and serve with toast, crudites, on salad, on top of pasta or zucchini pasta. No added oil.

## Categories

Gluten-free

Yields: 6 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Dips and spreads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Avocado, black skin (Hass)	4 each
Onion, white, yellow or red, raw	0.5 cup
Tomato raw (includes cherry, grape, Roma)	0.5 cup
Coriander (cilantro, leaves, raw)	0.5 cup
Garlic, fresh	3 cloves
Lime, fresh	2 each - 2" diameter
Salt, sea salt	1 dash
Black pepper, ground	1 dash
Paprika	0.8 teaspoon

## Instructions

1. Remove skin and mash 4 small ripe avocados in a bowl. It does not have to be perfectly uniform. You could have some chunky pieces and some more smooth.
2. Chop onion, tomato and cilantro. Add to avocado mash. Add finely chopped garlic and juice from the two limes and mix everything together.
3. Add sea salt and ground pepper to taste. You can add a dash of paprika as an option before serving.