

The Everything Guacamole

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 ripe avocados, de-seeded
- 1/4 of a large red onion, finely chopped
- 3/4 cup grape or cherry tomatoes, quatered
- 3 tbsp hemp hearts
- 1-2 garlic cloves, finely chopped
- Juice from 2-3 limes
- 1/4 cup fresh cilantro, chopped
- Pinch sea salt

Instructions:

1. In a large bowl, place avocados and mash with a fork.
2. Stir in red onion, tomatoes, hemp hearts, garlic and lime juice.
3. Mix in cilantro just before serving and a pinch of sea salt.

Notes:

Serves 4-6 Serve with fresh cut up veggies, plaintain chips or tortilla chips. EnJOY!