

Ingredients

1 tsp chia seeds	3 cloves garlic, minced
1 1/2 cups Roma tomatoes, diced	1/4 cup red onion, chopped
2 Tbsp lime juice	1 tsp salt
1 Tbsp jalapeno pepper, charred, peeled, seeded and finely chopped	2 Tbsp fresh cilantro, chopped
3 avocados, peeled, pitted and mashed	

Instructions

In a bowl, combine chia seeds, diced tomatoes and lime juice. Set aside for 10 minutes, allowing the chia seeds to swell.

In a separate bowl, combine remaining ingredients and mix well. Add chia mixture and mix well. Serve with whole wheat pita chips or fresh vegetables.

Nutrition Information Per Serving

Serving Size: 1/4 cup

Serves 12

Calories: 90

Fat: 7 gm

Sodium: 250 mg

Fiber: 4 gm

Carbohydrates: 7 gm

Protein: 1 gm

Sugar: 2 gm