



## Guacamole

Serves: 12- ¼ cup

amount	unit	Ingredients:
1	tsp	chia seeds
1.5	cups	Roma tomatoes, diced
2	Tbsp	lime juice
1	Tbsp	jalapeno pepper, charred, peeled, seeded and finely minced
3	each	avocados, peeled, pitted and mashed
3	cloves	garlic, minced
0.25	cup	red onion, chopped
1	tsp	salt
2	Tbsp	fresh cilantro, chopped

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.

### Nutritional Information:

Calories: 90; Carbohydrate: 7g; Fiber: 4g; Sugar: 2g; Protein: 1g; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; ; Sodium: 250mg