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MEAL STARTER OR SNACK LOVER

QUICK GUACAMOLE

Makes 1 cup:

Start with 1 half ripe tomato, chopped with seeds removed. Mix in juice of 1 lime and a half of a small onion, finely chopped. Mince 1 Clove of garlic and add to the smashed Avocado which has been peeled and seed removed. Sea Salt and pepper to taste.

Chill for half an hour to allow flavors to blend.