

Jaci's Guaca-Guacamole

Make 4 servings

Need:

2 medium avocados – not too hard, not over ripe – should have a little softness/give like the palm of your hand

Juice from ½ a lemon

1 jalapeno pepper finely chopped (or more if you like it hotter)

1 or 2 minced cloves of garlic

Salt and pepper to taste

Peel and pit the avocados by using a knife to work around the pit and separate the two halves. Remove the pit, then scoop out the flesh of the avocado from the peel with a large spoon and place in a medium sized bowl. Lightly mash the avocado, then combine with the lemon, jalapeno, garlic and salt/pepper (to taste).

Serve with low calorie tortilla chips or carrots, celery and other veggies