

Integrative Health Institute

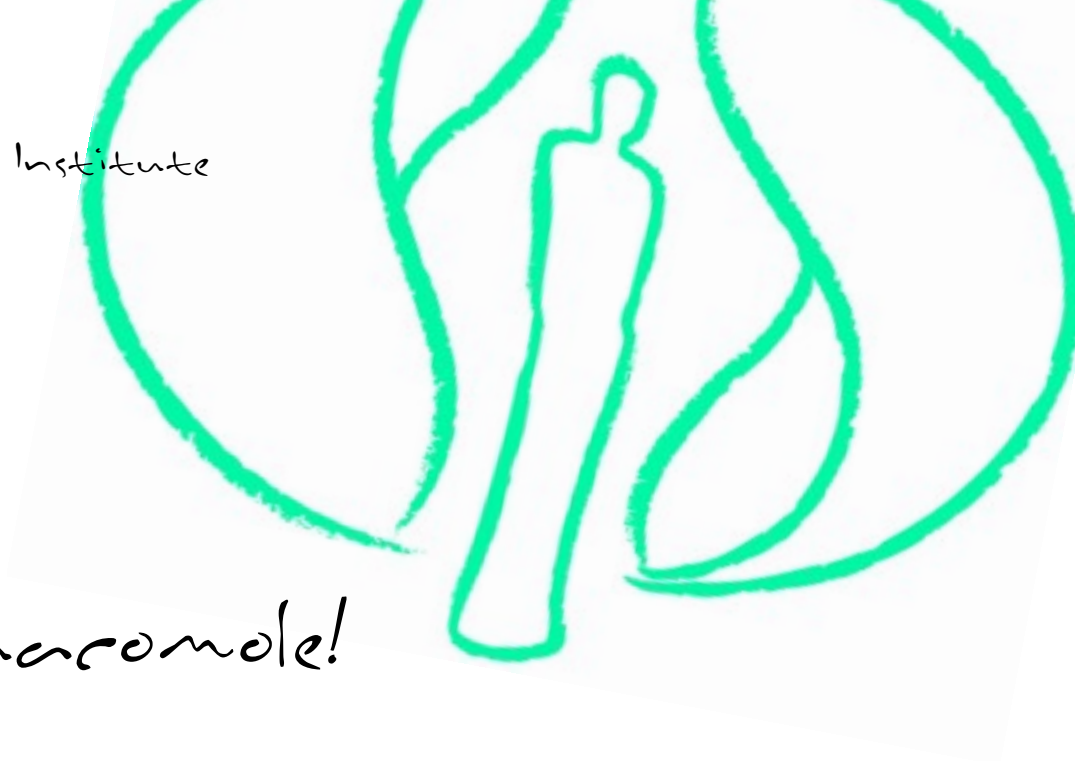
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Great Guacamole!

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Ingredients:

- 1 ripe avocado (peeled and de-pit)
- 1 ripe roma tomato (washed and diced)
- 1 scallion or 1/4 of a small onion (finely chopped)
- 1/2 clove of garlic (minced)
- Juice of 1/4 of a lemon
- pinch of curry powder or cumin
- salt and pepper to taste

Directions:

In a medium bowl mash avocado and mix with lemon juice. Add tomato, onion, and garlic and mix well. Add a pinch of curry powder and salt and pepper to taste.

Special Notes:

Curry powder is optional but tastes great! This snack is high in nutrients, antioxidants, and the garlic, and onion are antimicrobial.

An avocado is ripe when it is slightly soft to the touch.