

# ***FFF Guacamole***

*Recipe By: Fiscallyfitfoodie.com/James B.*

## **Ingredients**

- 1 small/medium ripe avocado
- 1 lime, juiced
- 2 tsp orange juice
- ½ of a small tomato, diced with no seeds
- 2 tbsp finely diced onion (yellow or red)
- 1 small garlic clove, minced
- ½ of a jalapeno, seeded and minced (leave a few seeds if you want to add heat)
- 2 tbsp chopped cilantro leaves
- ½ tsp cumin powder
- ¼ tsp kosher salt (or to taste)

## **Directions**

1. Halve avocado. Discard the pit and scoop out the avocado from within the skin. Put it directly into a non-reactive bowl or mortar.
2. Use the pestle, a potato masher, or a fork until avocado is desired consistency (I prefer some small chunks of avocado in mine).
3. Add lime/orange juice, mix thoroughly with a spoon.
4. Add tomato, onion, garlic, jalapeno, cilantro leaves, and cumin.
5. Add salt and stir together – remember, you can always add more salt, so start with a small amount and give it a try. Because of the citrus zing and other flavorful additions, you may not require much sodium (also remember that there is salt on chips, so it is smart to use one when doing your final taste test).
6. Once the guacamole is seasoned to your liking (add a little ground cayenne if you want more kick) and serve with multigrain chips/carrot sticks or other vegetables/on sandwiches/with burgers/in wraps/with fish tacos/etc.

Nutrition (per serving...2 servings total for recipe): 46 calories, 5g carbs, 3g fat, and 1g protein.  
(calculated with [www.myfitnesspal.com/recipe/calculator](http://www.myfitnesspal.com/recipe/calculator)).