

Food Babe's Five Ingredient Guacamole



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	4

<https://foodbabe.com/sweet-potato-tater-tots-with-homemade-ketchup-five-ingredient-guacamole>

Ingredients:

- 1 avocado, peeled and pitted
- ¼ cup fresh cilantro, chopped
- 1 lime, juiced
- 2 tablespoons red onions, diced
- ¼ jalapeño pepper, seeded and diced

Instructions:

1. Place all of the ingredients in a bowl and mash with the back of a fork to combine. Serve with sweet potato tots for a healthy alternative to ketchup.

Notes:

- Add more jalapeño for extra spice. If you don't like jalapeño you can use salt and pepper.
- Please choose organic ingredients if possible.