



Homemade Guacamole

4 servings

10 minutes

Ingredients

- 1 Avocado
- 1 Tomato (Diced)
- 1/2 Purple Onion (Finely chopped)
- 1 Garlic (Crushed)
- 1/2 Lime

Nutrition

Amount per serving	
Calories	87
Fat	7g
Carbs	6g
Fiber	4g
Sugar	0g
Protein	1g

Directions

- 1 Crush or grind all ingredients up together!

Notes

AVOCADO FOR THE ATHLETE : Avocados are an excellent source of pantothenic acid (vitamin B5) which plays a crucial role in energy production and fat metabolism --> two things lots of us could benefit from, especially if you're an athlete!

INCREASE ABSORPTION OF OTHER NUTRIENTS: Have you heard of carotenoids? The yellow-orange pigments in many of our fresh vegetables (sweet potatoes, carrots, leafy greens) that have tremendous varied health benefits. They're beneficial as long as they get absorbed, of course. And researchers have found that the healthy fat in avocados increases absorption of carotenoids by up to 6x more! Try avocado with your sweet potatoes or carrots sticks. So next time you're having your chicken and vegetables meal, be sure to add a little avocado or this guacamole to optimize your carotenoid absorption.

HEART HEALTHY: Long gone are the days of needing to be afraid of the healthy fats. Researchers now know that it is not a moderate dietary consumption of good fats (such as those in avocados) that contribute in any way to heart disease, but rather it's the overconsumption of inflammatory trans fats (those found in processed packaged foods) and refined sugars. In fact, the monounsaturated fats in avocados have been shown to reduce the risk heart conditions.