

# Guacamole



**Time:** 30 minutes

**Serves:** 4-6

**Ingredients:** 4 medium ripe avocados, peeled, halved, and cubed  
2 medium diced tomatoes  
½ red onion, diced  
½ cup cilantro, chopped  
1 large clove of garlic, minced  
Juice from three limes  
1 teaspoon cumin  
1 teaspoon salt  
Rice cakes, gluten free crackers, gluten free tortilla chips, or gluten free toast

## Directions:

1. Combine all ingredients.
2. Mash with a large fork or use a hand blender until desired smoothness is reached.
3. Serve with rice cakes, gluten free crackers, gluten free tortilla chips, or gluten free toast.