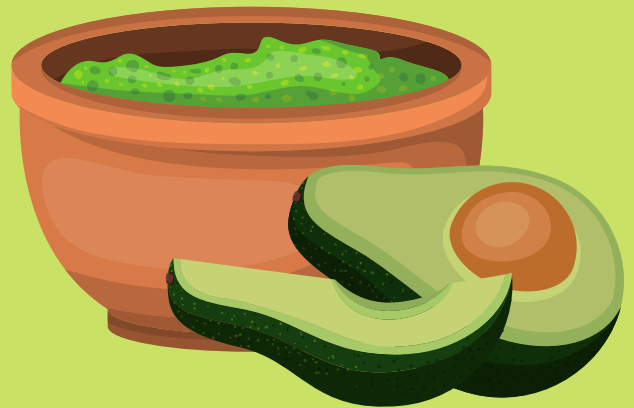


FROM *CLEAN EATS*, BY DR. ALEJANDRO JUNGER  
WRITTEN BY DR. TODD LEPINE

# CLEAN AND GREEN GUACAMOLE

MAKES: 1/2 PINT  
PREP TIME: 15 MIN



## INGREDIENTS

- 2 medium-size ripe avocados
- Fresh juice from 1 lemon
- 2 to 3 tablespoons cumin
- Salt and pepper to taste
- ½ sweet onion (Vidalia onion is the best!)
- 1 big ripe tomato
- Handful of cilantro (coriander)
- 3 cloves garlic (more of less to taste, depending on how much you like garlic)

## DIRECTIONS

In a large bowl, combine the avocado with the lemon juice, cumin, salt, and pepper. Use a fork to mash the mixture, then fold in the onion, tomato, cilantro, and garlic. You can make the guacamole as chunky or smooth as you like it. Allow the guacamole to sit for a while at room temperature to allow the flavors to meld before serving.

**Variations:** For a bulky guacamole version, add a few tablespoons of raw hemp seeds and minced carrot.