

## Zesty Guacamole



- 1 Avocado; halved, pitted, and peeled
- 2 ts. Minced onion
- 1 Garlic clove, minced
- ½ ts. Salt
- ¼ ts. Black pepper
- 1 Tb. Lime Juice

Mix ingredients together to desired consistency. (I use a small food processor)

### Tips:

- If you plan to store guacamole overnight, add a little extra lime juice on top to prevent browning, then mix guacamole with a spoon when ready to use.
- This guacamole freezes well.
- Lemon juice can be substituted for lime juice, but I think lime is more authentic

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## Layered Yogurt Delight



- Frozen berries (darker is better)
- Yogurt
- Granola (whole grain)
- Cinnamon
- Fresh Berries

Layer frozen berries, then yogurt, then granola to desired amount.  
Add a pinch of cinnamon on top of granola, then top with fresh berries.

### Tips:

- Can use all fresh berries
- Add some flax seed oil to the yogurt for extra Omegas and Essential fatty acids

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