

Protein Guacamole



Nutrition Information

Calories	834
Protein	27 g
Carbs	4 g
Sodium	1263 mg
Potassium	2964 mg
Fiber	32 g

Independence Live Recipe

Ingredients

3 avocado, ripe, peeled, and coarsely chopped

1 small plain Greek yogurt

(juiced) 1 lime

1/2 tsp salt

1/2 tsp ground cumin

1/2 tsp (ground) cayenne

1/2 red onion, diced

1/2 jalapeño, seeded and finely chopped

2 seeded Roma tomatoes, diced

1 Tbs. chopped fresh cilantro

1 clove garlic, minced

Directions

1. Combine ingredients 1-3, mash, add 3-7 & mix
2. Fold in 8-10. Serve!

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