

# Homemade Guacamole

## **Ingredients:**

3 avocados - peeled, pitted, and mashed  
1 lime, juiced  
1 teaspoon salt  
½ cup diced onion  
3 tablespoons chopped fresh cilantro  
2 Roma tomatoes, diced  
1 teaspoon minced garlic  
1 pinch ground cayenne pepper

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

*Watch full recipe video on YouTube at Sincerely Legenia*

## **Nutritional Facts:**

*Calories 261.5*

*Total Fat, 22.2g*

*Carbohydrates, 18g*

*Dietary Fiber, 11.4g*

*Protein, 3.7g*