

# GORGEOUSLY GREEN GUACAMOLE



Picture from our Anti-anxiety Culinary Nutrition [cooking class](#).

This recipe was inspired by my good friend and neighbor who makes her guacamole a little spicier and also uses red onion instead of green. Since I like a more mild flavor (red onions bother my digestion), I prefer it this way!

Serves 6

## ***Ingredients:***

2 ripe avocados, mashed

$\frac{1}{2}$  teaspoon Himalayan pink salt

2 Tablespoon fresh lime juice

2 Tablespoons thinly sliced green onion

1 jalapeno pepper, deseeded and finely chopped

2 tablespoon chopped fresh cilantro

2 cloves of minced garlic

## ***Putting it all together:***

- Combine all ingredients in a bowl and mix well.

