60 Second Guac!

Ingredient List:

- 4 Medium-Sized Avocados, halved, skin and stem attachment removed
- ½ Yellow Onion (approximately ¾ cup), small dice
- ½ Bunch Cilantro, rough chopped/chiffonade
- 1 Lime, juiced
- 1 Garlic Clove, minced or smashed into a paste
- 1 Jalapeno, small dice
- Kosher Salt, to taste

Preparation Instructions:

1. Combine all ingredients in a large bowl or mortar and pestle and smash them to oblivion.
2. Season with Kosher Salt to your liking.
3. Enjoy!

The goal with guacamole is to achieve a sour meets hot meets salty all carried by the amazing mouth feel of the sweet avocado.

This recipe is a very basic approach to guacamole. You can be as creative as you’d like and add anything from tomatoes to lettuce to mangoes. Get on with your bad self!!

Don’t forget to, “Keep it Paleo!”