**Holy Guacamole!**

**4 servings
20 min. prep time**

* 4 ripe avocados
* 1 medium heirloom tomato
* 1 fresh squeezed lime or lemon
* 1 tbsp olive oil
* 1-2 fresh minced garlic cloves
* ¼ cup red onion
* ½ minced jalapeno
* 1 tbsp minced shallot
* 2 sprigs cilantro
* ½ tbsp chipotle or cajun spice
* 2 tsp turmeric
* 1-2 tsp cayenne
* 1 tsp chili flakes
* pinch himalayan pink salt
* pinch of black pepper

**optional additions:**

* 1 cup of beans
* ½ cup local, raw goat cheese
* 1 tbsp of butter
* 1 tbsp nutritional yeast
* 1 tsp cayenne
1. In a large bowl mash the ripe avocados together and set aside.
2. Freshly squeeze lemon or lime into the avocado mash and add all spices.
3. Mince red onion, shallot, garlic, cilantro and chop heirloom tomatoes, and add to guacamole.
4. Mix all the ingredients until desired texture is achieved.
5. Adjust flavors as necessary to liking and enjoy!

*Tips:*

* Adding chipotle is nice for a smokey flavor, especially if you choose to add in beans. The beans will also enhance a more satiating effect making this a great potluck item leaving everyone satisfied!
* Butter may sound weird, but it actually taste great! Cut about a tbsp amount of butter and throw it in your guacamole. We use Kerigold unsalted butter if we do this.
* If you have access to a local, organic and raw source of goat cheese this makes a nice addition. However, due to the scarcity of this circumstance you may choose to add pasteurized cheese if you are dairy-friendly as you’d like.
* Nutritional yeast makes a great alternative for that zesty, cheesy flavor everyone can enjoy!**Holy Guacamole!**

**4 servings
20 min. prep time**

* 4 ripe avocados
* 1 medium heirloom tomato
* 1 fresh squeezed lime or lemon
* 1 tbsp olive oil
* 1-2 fresh minced garlic cloves
* ¼ cup red onion
* ½ minced jalapeno
* 1 tbsp minced shallot
* 2 sprigs cilantro
* ½ tbsp chipotle or cajun spice
* 2 tsp turmeric
* 1-2 tsp cayenne
* 1 tsp chili flakes
* pinch himalayan pink salt
* pinch of black pepper

**optional additions:**

* 1 cup of beans
* ½ cup local, raw goat cheese
* 1 tbsp of butter
* 1 tbsp nutritional yeast
* 1 tsp cayenne
1. In a large bowl mash the ripe avocados together..
2. Add olive oil, fresh-squeezed lemon or lime and all spices into the avocado mash.
3. Mince red onion, shallot, garlic, cilantro and chop heirloom tomatoes. Add to guacamole.
4. Mix all the ingredients until desired texture is achieved.
5. Adjust flavors as necessary to liking and enjoy!

*Tips:*

* Adding chipotle is nice for a smokey flavor, especially if you choose to add in beans. The beans will also enhance a more satiating effect making this a great potluck item leaving everyone satisfied!
* Butter may sound weird, but it actually taste great! Cut about a tbsp amount of butter and throw it in your guacamole. We use Kerigold unsalted butter if we do this.
* If you have access to a local, organic and raw source of goat cheese this makes a nice addition. However, due to the scarcity of this circumstance you may choose to add pasteurized cheese if you are dairy-friendly as you’d like.
* Nutritional yeast makes a great alternative for that zesty, cheesy flavor everyone can enjoy!