

BOMBSHELL GUACAMOLE



INGREDIENTS:

- 1 large riped avocado
- 1/4 cup nonfat Greek yogurt
- 2 tbsp onion (thinly chopped)
- 1 tbsp salsa
- 1.5 tbsp fresh squeezed lime juice
- 1 tbsp chopped cilantro
- dash of salt
- Optional: dash of cayenne

DIRECTIONS:

- 1) In a medium bowl mash avocado to desired consistency
- 2) Add all other ingredients and mix well
- 3) Store in an air tight container for up to 3 days

Enjoy!

Makes 4 Servings | 1 serving = 1/4 cup
Calories: 59 | Protein: 2 g | Carbs: 4 g | Fat: 4 g | Fiber: 2 g