

# Recípes



## GUACAMOLE

5 Ripe Avocados  
1 to 2 Serving Spoons of Sour Cream  
½ t. Lemon Juice  
2 Shakes Seasoning Salt

### Optional

1 Small tomato (diced)  
½ Small onion (diced)

Halve, peel, remove pit and place ripe avocados in a bowl. Mash down and then blend with an electric mixer. Add sour cream and blend. Add lemon juice, seasoning salt and blend until smooth.

Hand stir in tomato and onion.

Serve with tortilla chips, burritos, tacos, tostadas or taco salads. Or, you know, just eat with a spoon!

Happy Eating.