

Guacamole (Vegan, Gluten-Free, Nut-Free, Soy-Free)

This is one of those basic recipes that every special diet individual should have on hand. Avocados and guacamole have become a creamy staple in our house over the years. In addition to acting as a natural dip, it works as a healthy spread in place of cream cheese or mayonnaise in just about any application. My favorite is a bagel with a mild guacamole and lox.

This guacamole recipe comes from Janelle over at Talk of Tomatoes.

Ingredients:

- 1/2 juice lemon
- 2-3 cloves garlic, minced
- big pinch kosher salt
- small green pepper (jalapeno, annaheim, etc.)
- 3 avocados
- 1/2 cup chopped cilantro

Mash/blend together. Serve.