



## Chunky Guacamole

Guacamole, a dip made from avocados, is originally from Mexico. The name is derived from two Aztec Nahuatl words—**ahuacatl** (avocado) and **moli** (sauce). Avocados are packed with nutrition – they contain lots of healthy fats, fibre, vitamins and minerals, so they make for a yummy, guilt-free snack.

### Ingredients

- 2 firm-ripe avocados, diced (1 1/2 cups)

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- 1/3 cup chopped red onion
- 1/4 cup fresh cilantro leaves, coarsely chopped
- 1 1/2 tablespoons fresh lime juice
- Salt

### Directions

In a medium bowl, combine all the ingredients and toss gently to combine. Serve with tortilla chips or sliced raw veggies.