

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Guacamole

### Ingredients

*2 – 3 ripe avocados*

*1-2 garlic cloves, crushed*

*1 lemon, juiced*

*2 tbs of olive oil*

*1 shallot*

*½ cup of fresh coriander*

*1 tomato, diced*

*Salt and pepper*

### Method

1. Peel avocados and mash with a fork in a bowl.
2. Add shallot, garlic and lemon juice and mix.
3. Add in tomato, olive oil and coriander.
4. Add salt and pepper to taste.
5. Serve.



**Preparation Time:** 15 minutes

**Cooking Time:** 0 minutes

**Author:** Generic

**Serves** 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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