# Super Simple Guacamole

*Live Foods Live Bodies* book with a few additions* (page 204)

Yields: 4 cups

Ingredients:

- 4 ripe avocados (preferably Haas), peeled and pitted
- 1-2 Tbsp. finely chopped yellow onion
- 2 Tbsp. fresh lime juice
- Sea salt to taste
- 1 chopped tomatoes
- ½ tsp. garlic salt*
- 1 Tbsp. chopped jalapenos*
- ¼ cup chopped cilantro*

Directions:

1. Place the avocados in a mixing bowl and coarsely mash with a fork.
2. Add the remaining ingredients and stir until well blended. Serve immediately, or place in an airtight container and store in the refrigerator for one day.