

Healthy Guacamole Dip

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There's no need to go with store bought dips and appetizers when it's so easy to make your own. Here is a healthy guacamole dip to try.



Ingredients

- 1 avocado, mashed
- 1 garlic clove, minced
- 2 Tablespoons salsa
- 1/8 (1 slice) lime, squeeze and use the juice
- Salt & pepper to taste

Directions

1. Mash the avocado using a fork.
2. Mix in remaining ingredients.

Enjoy as a dip with tortilla chips, on a quesadilla or in a burrito.

Nutrition per serving (serves 5): 66 calories, 6g fat, 1g saturated fat, 4g carbohydrate, 2g fiber, 1g protein, 17mg sodium