



Broccoli Guacamole

Yields: 2 cups

Ingredients:

- 2 ripe avocados
- 1 cup raw broccoli
- $\frac{1}{4}$ cup red onion, diced
- $\frac{1}{2}$ jalapeno, minced
- 1 tomato, diced
- handful of fresh cilantro or parsley, minced
- zest and juice of 1 lime
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp salt

Directions:

1. Peel the avocado, remove seed and scoop into a bowl. Mash the avocados with a fork.
2. Add the broccoli, red onion, jalapeno, and cilantro/parsley to a food processor*. Pulse until finely chopped. Place mixture into bowl with the avocados.
*If you don't have a food processor, just chop all by hand.
3. Chop the tomato and add to bowl.
4. Mix in the lime juice, ground cumin and salt.
5. Serving options: cucumbers, celery, organic corn chips