



Guaca-Monsters

Yield: 4-6 servings

Ingredients:

For the guacamole:

- 4 ripe avocados
- Juice of 2 limes
- 1 garlic clove, minced
- 1 tsp salt
- $\frac{1}{4}$ red onion, finely chopped
- 1 handful of chopped cilantro
- Small jalapeno, minced (optional)

For the Monsters:

- shredded carrots or carrots cut into coins
- lettuce or cilantro
- blue corn chips
- cucumbers
- black olives
- beans
- red peppers
- small cherry red tomatoes.

Directions:

1. Cut avocado in $\frac{1}{2}$, remove pit and scoop into a large bowl, mash avocados with a fork until smooth.
2. Add lime juice, onions, garlic and salt. Mix in cilantro and peppers if using.
3. Toast bread and spread avocado mixture evenly onto bread or cracker of choice
4. Get creative to build your guaca-monster