

# Fresh GUACAMOLE

by  
Noelle Martin, RD

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([motherhoodandmeals.com](http://motherhoodandmeals.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([nourishedbeginnings.ca](http://nourishedbeginnings.ca)) and teaches courses at a Brescia University College in Ontario, Canada.



## Nutrition Facts

servings per container  
Serving size (193g)

Amount per serving  
Calories 260

% Daily Value\*

Total Fat 22g 28%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 10g 36%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 690mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 10 Minutes  
Cook time: N/A  
Serves: 6 People

### INGREDIENTS:

- 1 cup NatureFresh Farms Tomatoes-on-the-Vine, diced
- 4 medium (or 5 small) ripe avocados
- ½ cup onion, diced
- 1 tbsp. olive oil
- 1 tbsp. fresh lime juice
- 1 garlic clove
- Optional: 1-2 tbsp. chopped fresh cilantro

### TIME SAVER TIP:

To save on time you can dice the Tomatoes, onions, and garlic ahead of time and store them in the fridge. Then, when you make the guacamole just mash the avocado and combine the rest of your ingredients!

### DIRECTIONS:

- Wash all produce before preparing.
- Dice the Tomatoes, onions, and garlic and set aside.
- Peel and mash the avocado. Add the lime juice, olive oil, and garlic and stir again.

### STORAGE TIP:

Avocados brown easily so it is best to make this recipe and enjoy it while it is fresh. If you do need to make it ahead of time or have leftovers, storing it in the fridge in an airtight container with 1-2 avocado pits can help reduce the browning.



For recipe ideas visit: [naturefresh.ca](http://naturefresh.ca)

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)