

GUACAMELON

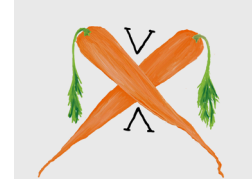


SERVES: 6-8

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

THE VARIANT VEGGIE



PLANT-BASED NUTRITION.

NEVER BLAND.

ALWAYS VARIANT.

INGREDIENTS

- 4 ripe avocados, peeled and pitted
- 1-2 TBSP lime juice
- 3/4 tsp sea salt
- 8-10 fresh basil leaves, ribboned
- 2 TBSP red onion, diced
- 1 garlic clove, minced
- 1 small jalapeno, seeded and ribs removed, diced
- (optional)
- 1 cup watermelon, diced*
- Fresh ground pepper, to taste

METHOD

Add avocado, lime juice, and sea salt to a medium bowl. Smash with a fork to desired texture. Fold in remaining ingredients. Taste for additional salt or basil. I recommend enjoying with cucumber slices or sweet potato tortilla chips!

NOTES:

*Before adding diced watermelon to bowl, gently pat dry with a paper towel to absorb extra juices. This will prevent a watery guac!

NUTRITION:

Serving Size 1/8 recipe (~2 TBSP) Calories: 129 Total Fat: 11 g Saturated Fat: 2 g

Sodium: 170 mg Carbohydrates: 9 g Dietary Fiber: 5 g Sugar: 1 g Protein: 2 g