

KETO



Guacamole

Guacamole is a fantastic, creamy, and super tasty keto-friendly snack.

- 1) Start with ripe avocado and scoop it into a bowl.*
- 2) Then, add in any combination of chopped red onion, diced tomato, cilantro, lime juice, garlic, and any other additions you desire.*
- 3) Mash the concoction gently with a fork until it reaches your ideal consistency.*

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