**Guacamole**

**Ingredients:**

Makes 4 servings:

* 3 ripe avocados
* Juice of 1 lime or lemon
* ½ cup of diced onion
* 1-2 roma tomatoes, diced
* Salt and pepper to taste

**Directions:**

1. Scoop out avocado into a mixing bowl and mash.
2. Add diced onions and roma tomatoes and mix
3. Squeeze lemon or lime juice and add salt and pepper and mix.
4. Enjoy! Experiment with other herbs and spices such as garlic, cayenne pepper or cilantro