

Guacamole

Courtesy of A Healthy Kitchen.

4 ripe avocados
2 jalapeños or serrano peppers, minced
4 T. minced onion
Juice of 2 limes
1/2 c. chopped cilantro
Sea salt and pepper

Mash the avocados add the remaining ingredients and combine well. Add chopped cilantro and season to taste with sea salt and pepper.