

# Guacamole Dip

**Calories:** 47 kcal

**Servings:** 2

**Time:** 10 Mins

## Ingredients

- 50.00 g Avocado (mashed)
- 1.00 clove Garlic (crushed)
- 15.00 ml Lemon Juice
- 2.00 g Salt and Pepper (to season)
- 60.00 g Tomato (finely chopped)

## Instructions

1. Combine all ingredients in a bowl and blend together with a blender or fork.
2. Enjoy with ""salad sticks"" - celery carrot, zucchini, cucumber, etc. (add extra carb value)