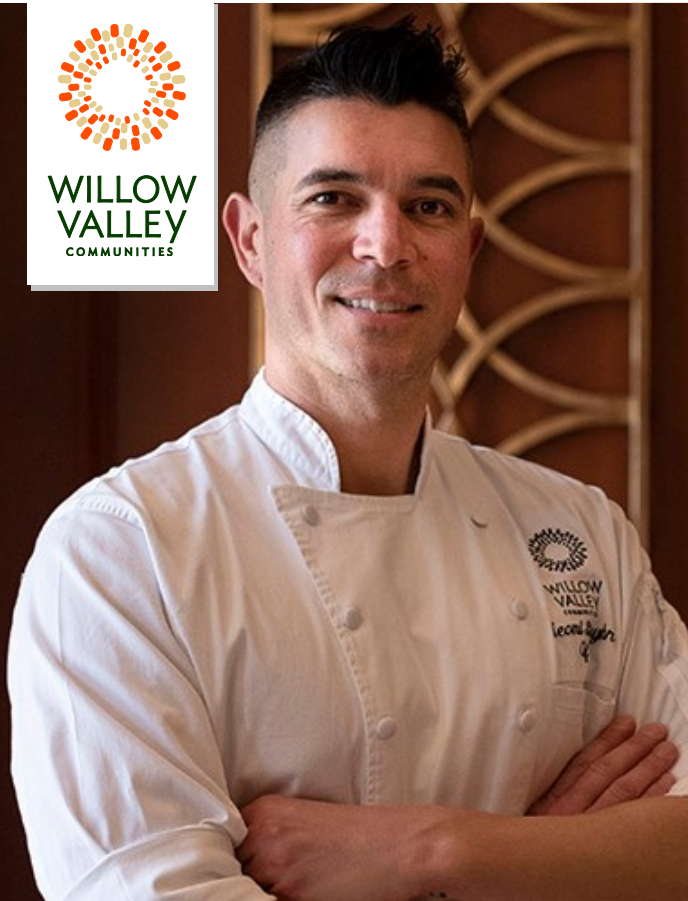




WILLOW
VALLEY
COMMUNITIES



Chef Keoni Stryhn's Fresh Guacamole

Ingredients:

Ripe avocados, whole	8
Red onion, finely diced	1/4 cup
Tomatoes, diced	1 cup
Cilantro, chopped	1/8 cup
Salt	1 tbsp.
Olive oil	1/8 cup
Liquid coconut oil	4 tbsp.
Lime juice	2 limes

Directions

1. Cut avocados in half, discard the seed, peel skin off and place avocado in medium sized bowl.
2. Mash avocados with fork but leave lumpy.
3. Add red onion, tomato, cilantro, salt, oil, and lime juice.
4. Mix together until fully integrated.
5. Serve with chips and enjoy!



For more great recipes from our talented chefs, visit WillowValleyCommunities.org/chef-of-the-month/