



# SANDY'S GUACAMOLE

## INGREDIENTS

3 avocados  
1 tbsp ground flax seed  
juice of 1 lime  
½ bunch cilantro – chopped  
3 tbsp red onion – diced  
2 radishes – minced or diced  
1 clove garlic - minced  
½ tsp black pepper  
½ tsp cumin  
1 minced chipotle pepper in adobe sauce

## DIRECTIONS

1. Mash avocados and mix everything all together!
2. Serve with carrot and celery sticks or no oil whole grain crackers like Finn Crisp Rye Crackers.

