

## Guacamole

This is my best friend when I'm on the candida diet! I could eat it in the morning with eggs, noon with nacho chips, and night on a burger patty or in a taco. YUM! Don't be afraid of this fat. It's your best friend!

1 avocado  
juice from  $\frac{1}{2}$  lemon  
1 clove garlic  
 $\frac{1}{4}$  tsp salt

### OPTIONAL

dash cumin  
chopped tomato  
 $\frac{1}{4}$  cup kefir/yogourt

Cut avocado in half all the way around and twist halves apart. Roll out pit and scoop out all the greenie goodness into a bowl. Add all remaining ingredients and serve!