

Guacamole con Tofu (vegan)



Makes 2½ cups

Ingredients

- ½ cup of tofu
- 2 medium avocados
- 1 tomato - ripe, peeled and pitted
- 1 small Jalapeno pepper - fresh, seeded and finely chopped
- 2 cloves of garlic - minced
- ½ small onion - chopped
- 2 tbsp of lemon juice
- ¼ tsp of hot sauce
- 2 tbsp of cilantro
- salt and pepper to taste

Directions

- ☞ In a large ceramic or glass bowl mash the avocado lightly
- ☞ Add all remaining ingredients except the tofu and mix well.
- ☞ Add tofu, salt and pepper mixing well
- ☞ Add all remaining ingredients except the tofu and mix well.
- ☞ Serve with organic tortilla chips (baked tortilla chips and raw vegetables as healthier alternatives), or with fresh corn tortillas, beans and salsa as tacos.

Nutrients (approximately)

78 Calories per ¼ cup,
Fat 6.5g, Saturated Fat 0.9, Sodium 4.3mg,
Carbohydrates 4.6g, Fiber 2.8, Sugars 0.7, Protein 1.9g

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