**Easy Guacamole Recipe**

### Ingredients:

* 2 very ripe avocados
* 1 lime
* 2 cloves of garlic, minced
* 1 teaspoon sea salt
* 1 small tomato, diced
* ¼ cup of red onion, diced
* ¼ cup of cilantro, chopped

### Directions:

1. Spoon out avocados into large bowl. Add lime juice, minced garlic, and sea salt.
2. With a spoon, mash together until mixture becomes creamy.
3. Add in diced tomato, red onion and cilantro and mix until well combined.
4. Serve immediately with sliced red peppers, celery, or carrots.

[**Avocados**](https://draxe.com/avocado-benefits/) were first used by the Aztecs and since have been highly sought after for their health benefits. Avocados are high in healthy mono-unsaturated fats such as oleic acid. They also have anti inflammatory properties and are high in potassium, [**magnesium**](https://draxe.com/magnesium-deficient-top-10-magnesium-rich-foods-must-eating/), and fiber.  Try incorporating avocados into your diet with this delicious easy guacamole recipe!