

Homemade Guacamole

This recipe makes about 6 cups of guacamole



Ingredients

3 ripe avocados
1 lime juiced
½ tsp kosher salt
½ tsp ground cumin
½ tsp cayenne pepper
½ medium onion diced
1 jalapeno, or to taste
2 roma tomatoes
1 tbsp chopped cilantro
1 clove of garlic minced

This recipe can be made in a food processor or mashed in a bowl with a fork. The bowl method will make a chunkier guacamole.

Directions:

1. Cut your avocados in half and remove the seeds. Scoop the avocado into your bowl or food processor
2. Cut your lime into fourths and squeeze the juice from all 4 pieces of lime directly into the bowl or food processor
3. Dice the onion, tomato, and jalapeno and add to your food processor or bowl
4. Finely chop the cilantro and add it to the food processor or bowl
5. Add the minced garlic, kosher salt, cumin and cayenne pepper
6. Process until smooth or desired consistency. Or mash with with a fork to desired consistency.
7. Add parchment paper to trays
8. Place dividers (if you choose). We like to use 10 portions per tray
9. Freeze dry. (my cycle time was 24 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about 1 cup of guacamole powder or 2 divider portions (if using) to a bowl. Add ½ cup of cold water and stir. This rehydrates quickly. Adjust for desired consistency.

Notes: Rehydrate this in a mylar bag or jar for a quick camping or road trip snack

Nutritional Value Per 1 cup of guacamole

Calories: 139 Protein: 2 g Fat: 11 g Carbohydrates: 10 g Fiber: 6 g Sugars: 3g