

QUICK & EASY GUACAMOLE

This recipe is part of the Floyd County Nutrition Coalition's "5 a Day" Monthly Fun Fact.

May is Avocado month. For more information, visit www.wellnesscsi.com/5-a-day.

INGREDIENTS

- 1 Avocado
- 2 T. Salsa
- Dash Garlic Powder

DIRECTIONS

1. Place avocado flesh in medium bowl.
2. Mash avocado flesh with a fork or until desired consistency.
3. Add remaining ingredients and stir to combine.
4. Serve with fresh veggie sticks and whole grain crackers.

