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Guacamole

3 ripe avocados

1 Roma tomato, diced

1 Tbsp red onion, diced

1 garlic clove, minced

Hot sauce, to taste

Chopped fresh cilantro (as desired)

Juice on 1 lime

Salt and pepper to taste

Mash the avocados with a fork and combine with the tomato, red onion, pepper, garlic, hot sauce, cilantro, lime juice and salt and pepper.

*Keep 1 or 2 avocado pits for your guacamole to help prevent it from turning brown to quickly.

Serve with vegetables, use in a burrito bowl with brown rice, black beans, grated carrots, lettuce, chopped purple cabbage and sprouts.