



Recipes

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Flaming Jerk Guacamole

Serves 2

Ingredients:

- 4 Hass Avocados
- 1/2 cup Cilantro , chopped
- 2 Serrano Chiles , seeded and roughly chopped
- 2 Tbsp. Lime Juice
- 1/2 cup Red Onion , minced
- Salt to taste

Directions:

1. Chop avocados coarsely and place in a plastic sixth pan. Mash until smooth. Add cilantro, serrano chilies, lime juice, onion and salt to taste. Cover with plastic wrap and place on cold line.