



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.