Healthier Mexican: Guacamole Lite

Ingredients

- 1 large avocado
- 1/2 cucumber peeled, seeded, and chopped
- 1/2 small onion, chopped
- 1 small tomato seeded and chopped
- 1/4 cup cilantro, chopped
- 1 lime, juiced
- 1 tsp cumin
- Salt and pepper, to taste

Directions

1. In a medium bowl, add all ingredients.
2. Mix together until all ingredients are well-combined.

Nutrition Facts

Recipe Serves 4
Calories: 91
Fat: 7.4 g
Carbs: 6.5 g
Protein: 1.2 g