

✦ Sunflower Guacamole ✦



ingredients ✦

- 2 avocados
- Juice of ½ lime
- ¼ tsp salt
- ⅔ cup roughly chopped sunflower microgreen shoots
- ¼ cup red onion, finely chopped
- ½ jalapeno, finely chopped

how to make ✦

- Place avocado, lime juice, & salt in a bowl and mash into a chunky mixture. Stir in sunflower microgreens, red onion, & jalapeno.

Tip: If keeping leftovers, place a thin layer of water over the surface of guacamole during storage as a barrier to oxygen to keep browning at bay. Pour water off before serving and then give it a stir.

recipe from alive.com

