

# GUAC -A- BROCCOLI

What's better than chips & guacamole in the summertime?  
Try MaryRuth's famous **GUAC-A-BROCCOLI**.



## INGREDIENTS



1 Head Broccoli



2 Cups Cilantro



Juice from 1 1/2 Limes



2 Scallions



1 Ripe Avocado



1/2 Cup MaryRuth's  
Ice Pressed Olive Oil



1/2 Teaspoon  
Pink Sea Salt

## INSTRUCTIONS

1. Shock the head of broccoli by dipping it into a bowl of ice water, then chop broccoli into small florets.
2. Boil a small pot of salted water to give broccoli the correct color and flavor.
3. Drop the broccoli florets into the boiling water and blanch them for 2-3 minutes.
4. Immediately remove the broccoli florets after 2-3 minutes with a slotted spoon, and drop them in the ice water for 3 minutes.
5. Remove the broccoli florets from the ice water and use a salad spinner to dry the broccoli completely.
6. Add the broccoli florets to a food processor and purée while adding in the olive oil.
7. Add the lime juice, cilantro, scallions, avocado, and 1/2 teaspoon of pink sea salt.
8. Blend until your desired texture.
9. Enjoy with family & friends and have your best summer yet!