



BEST GUACAMOLE EVER

Start to finish: 10 minutes

Serves: 2

INGREDIENTS:

6 avocados, peeled and seeded
1 small red onion, minced
1 small jalapeño, minced
4 garlic cloves, smashed and minced
1 small bunch of cilantro, chopped
3 limes, juiced
1 tablespoon olive oil
Salt, to taste
Tabasco or preferred hot sauce, to taste
1 grapefruit, segmented
1/4 cup sunflower seeds

DIRECTIONS:

In a large bowl combine all ingredients except the grapefruit and sunflower seeds. Mash the ingredients together with a fork until combined, but still chunky. Garnish the guacamole with the grapefruit and sunflower seeds. Serve with tortilla chips.

**Note: You can also buy tostadas and add some lump crab to the guacamole, making a delicious crab tostada.*