Nourish Recipe

Tofu Guacamole

Servings: 4

Ingredients

3 ripe avocados, pitted

Juice of 1 lime

½ cup fresh cilantro, chopped

8oz firm tofu

1 small red birds eye chili

4 green onions, chopped

Nutrition Facts

Servings 4

Amount Per Serving	
Calories	**361**
	% Daily Value
Total Fat 31.8g	**41**%
Saturated Fat 6.7g	**33**%
Cholesterol 0mg	**0**%
Sodium 107mg	**5**%
Total Carbohydrate 16.8g	**6**%
Dietary Fiber 11.8g	**42**%
Sugars 2.2g	
Protein 7.6g	
Vitamin D 0mcg	**0**%
Calcium 154mg	**12**%
Iron 2mg	**12**%
Potassium 841mg	**18**%

What you'll need

measuring cups

food processor

Instructions

1. Place all the ingredients except the green onions into a food processor and blend too a chunky dip rather than a puree.
2. Add the green onions and mix in well.

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