|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | emnibLIVE.com |  |  |  |  |  |  |  |
|  |  | 317-969-8844 | |  |  |  |  |  |  |
|  |  | [emilyn@emniblive.com](mailto:emilyn@emniblive.com) | |  |  |  |  |  |  |
|  |  |  | | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

**Pico de Gallo & Guacamole**

**Pico de Gallo**

**Ingredients: (Feel free to adjust quantities as desired)**

Fresh Tomatoes – 1 large or 2 Roma

Onion (yellow or red) – ¼ medium onion

Jalapeno – ½ pepper

Cilantro – 4 tbl

Lime Juice – ½ tsp

**Instructions:**

1. Dice or chop the tomatoes, onion, jalapeno, and cilantro and combine
2. Add the lime juice
3. Mix all ingredients
4. Enjoy!!

* Use as a garnish, topping, mixed into items such as eggs, salad, guacamole, or even as a dip by itself

**Guacamole**

**Ingredients: (Feel free to adjust quantities as desired)**

Avocado

Pico de Gallo – 2 tbl

Sea salt – 1 tsp

**Instructions:**

1. Remove the skin and pit from the avocado
2. Combine the avocado, pico, and sea salt – mashing or blending until desired chunkiness or smoothness is obtained
3. Enjoy!!