Dr. \*\*\*\*\* Never Left Over Guacamole

* 3 avocados, ripe
* 1/2 small onion, finely diced
* 2 Roma tomatoes, diced
* 3 tbsp, fresh cilantro, chopped
* 1 jalapeno pepper, seeds removed and finely diced
* 2 garlic cloves, minced
* 1 lime, juiced
* 1/2 tsp sea salt
* Slice the avocados in half, remove the pit and skin and place in a mixing bowl.
* Mash the avocado with a fork and make it as chunky or smooth as you'd like.
* Add the remaining ingredients and stir together.

Definitely use fresh limes rather than lime juice in a bottle. The flavor difference is worth it.

*Nice to meet you!*

I’m Dr. Awesome...

...and I’m here to help you live a healthier life through specific Chiropractic Correction, Exercises, Nutrition, and Rehabilitative Care.

Whether you have daily aches and pains…

You want to sleep and function better…

You would like to have a healthier lifestyle…

You would like to lose some excess weight…

You’ve been injured in an accident…

I am here for you. Through chiropractic, I have helped my community function better without the use of medications or surgery.

I look forward to helping you reach your physical fitness and health goals, too.

***Dr. Awesome D.C.***

Board Certified Chiropractor

PHONE NUMER HERE

Add Dr.’s Picture.

 