Guacamole with Cottage Cheese

Ingredients
- 1 very ripe avocado
- ½ cup nonfat cottage cheese
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped green onion
- ¼ teaspoon jalapeno, minced (very finely chopped)
- 1 clove garlic, crushed
- Salt and pepper to taste

Making It
1. Put all the ingredients in a food processor and puree until smooth or leave small chunks of avocado and cottage cheese.
2. Makes 1.5 cups.

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 75.25
Fat (g): 5.25
Carbohydrate (g): 4
Protein (g): 4
Fibre (g): 2.5

TIPS & HINTS
Enjoy with chips, pita or vegetables.