Hot Stuff Peach Guacamole

1/8th of recipe (about 1/3 cup): 67 calories, 4g total fat (0.5g sat. fat), 156mg sodium, 6g carbs, 2.5g fiber, 3g sugars, 2.5g protein

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Prep: 10 minutes

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Ingredients

8 oz. mashed avocado (about 1 cup or 2 small avocados' worth)
2/3 cup fat-free plain Greek yogurt
1 tsp. lime juice
1/2 tsp. garlic powder
1/2 tsp. salt
1/8 tsp. cayenne pepper
1 cup chopped peaches (fresh or thawed from frozen; no sugar added)
1/4 cup finely chopped red onion
2 tbsp. seeded and finely chopped jalapeño pepper
2 tbsp. chopped fresh cilantro

Directions

In a medium-large bowl, combine avocado, yogurt, lime juice, and seasonings. Mix until mostly smooth and uniform.

Stir in remaining ingredients.

Cover and refrigerate until ready to serve.

MAKES 8 SERVINGS