Tropical Guacamole

1/8th of recipe (about 1/4 cup): 68 calories, 4g total fat (0.5g sat. fat), 156mg sodium, 6g carbs, 2.5g fiber, 2.5g 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. ground cumin
1/2 tsp. salt
1/2 cup finely chopped mango
1/4 cup finely chopped red onion
1/4 cup peeled and finely chopped jicama
2 tbsp. finely chopped fresh cilantro

Directions

In a medium 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

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