



Holy Moly Guacamole



[Click here for a video demo](#) !

1/6th of recipe (about 1/3 cup): 78 calories, 3g total fat (0.5g sat fat), 320mg sodium, 10.5g carbs, 3.5g fiber, 4g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

One 15-oz. can early/young peas, drained
4 oz. (about 1/2 cup) mashed avocado
1/4 cup fat-free plain Greek yogurt
1 tbsp. plus 1 tsp. lime juice
1/2 tsp. minced garlic
1/4 tsp. salt, or more to taste
1/8 tsp. black pepper, or more to taste
1/8 tsp. ground cumin
1/8 tsp. chili powder
1/3 cup chopped cherry or grape tomatoes
1/4 cup finely chopped onion
Optional: chopped fresh cilantro, chopped jarred jalapeños

Directions

Thoroughly mash peas in a medium-large bowl. (Or puree peas in a small blender or food processor and transfer to a medium-large bowl.)

Thoroughly mix in avocado, yogurt, lime juice, garlic, and seasonings.

Stir in tomatoes, onion and, if you like, optional ingredients. Enjoy!

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.