

CanPrev Green Up! Guacamole

This Green Up! Guacamole is the perfect dip filled with healthy fats, vitamins and minerals to support healthy blood sugars, boost the immune system and provide energy.

Infused with **CanPrev's Green Up! With GRAMS**, this 100% plant-based formula is filled with a potent dose of immune-boosting mushrooms, fatigue-fighting adaptogenic herbs, and powerful antioxidants to fuel your day.

Embrace the taste, energize your nutrition, and Green Up your day.



Preparation time: 5 mins | Servings: 8



Ingredients

- 3 medium avocados
- 2 small tomatoes, deseeded and diced
- 2 tbsp chopped fresh cilantro
- 1-2 tbsp lime juice
- ½ tsp ground cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ - 1 tsp sea salt
- ¼ tsp freshly ground black pepper
- ¼ tsp red pepper flakes (optional)
- 1 scoop of Green Up! With GRAMS

Method

1. Cut open avocados lengthwise, remove the pit, and scoop out the flesh into a medium-sized mixing bowl.
2. Mash the avocado with a fork, or potato masher.
3. Add one scoop Greens Up! With GRAMS. Then add cumin, garlic powder, onion powder, ½ tsp salt, pepper, red pepper flakes and lime juice.
4. Add cilantro and tomatoes and stir until combined.
5. Taste and add extra salt or lime juice if needed.
6. Enjoy with chips, crackers, veggies, dollop on a bowl or on toast!

Storage Instructions: If you are making it more than 30 minutes ahead of serving, put the pit in the middle of the bowl, add a squeeze of lime to the top layer and cover tightly with plastic wrap to prevent browning. Serve at room temperature or cold, whichever you prefer.

Featured Products



Developed by: Cathy Missios



Cathy is a holistic nutritionist, recipe creator, and mom of two. She promotes health through balanced living, creating delicious recipes that support vibrant well-being.

