**Spicy Guacamole**  
Serves: 6 to 8  
Time: 15 Minutes  
  
Ingredients  
2 avocados  
1 plum tomato, diced  
5 cloves garlic, minced  
Juice of 1 lime  
Handful finely chopped cilantro  
1 jalapeno, diced  
1/2 red onion, diced  
Salt and pepper to taste  
  
Directions  
Halve avocados and scoop avocado flesh into a large bowl. Mash well with a fork.  
Add remaining ingredients and mix well with a fork until wee incorporated.