

Hemp Seed Guacamole

From Joyoushealth.ca

This is one of the best guacamole recipes I have ever tasted. The addition of the hemp seeds adds a smooth flavour and an excellent kick of protein to this classic snack. Serve with [Power Seed Crackers](#).

Sansational!

Serves 1 to 2

Ingredients:



1 avocado

Juice from 1/2 lime

1/2 tsp hot sauce (or to taste)

1 garlic clove, minced
1/2 tomato, chopped
1/4 red onion, finely chopped
2 tbsp finely chopped cilantro
1/4 cup hemp seeds

Directions:

Mash the avocado with a fork, leaving some chunks. Add the rest of the ingredients and mix well.