

Live Laugh Guac



GUACAMOLE RECIPES

CLASSIC MEXICAN GUACAMOLE



 SERVES: 8

 **INGREDIENTS**

- 4 ripe Avocados from Mexico halved pitted and peeled
- 1 tbsp lime juice freshly squeezed
- 1 tbsp onion minced
- 1 tsp jalapeño pepper tsp ¼ salt

 **DIRECTIONS**

- 1 In a small bowl, mash the avocado with a fork (or potato masher) to make a slightly chunky mixture.
- 2 Stir in lime juice, onion, jalapeño and salt.

Nutrition Facts

8 servings per container
Serving size (79g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 1mg 6%

Potassium 355mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Classic
Mexican
Guacamole



— GUACAMOLE RECIPES —
BOTANERO GUAC



 SERVES: N/A

 **INGREDIENTS**

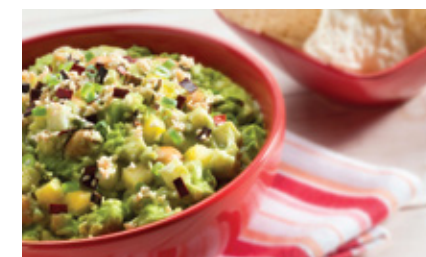
- 2 guajillo chiles stemmed seeded, sliced into ¼" rings
- 8 scallions roots and ends discarded white and light green parts sliced into ¼" rounds
- 2 Tbsps vegetable oil 2 Tbsps sesame seeds
- 3 ripe Avocados from Mexico halved pitted, meat scooped out and diced
- 2 Tbsps lime juice freshly squeezed
- ½ tsp ½ K kosher or sea salt or to taste
- 1 cup pineapple peeled cored and diced
- 1 cup jicama peeled and diced
- ½ cup Japanese-style peanuts or coated and crunchy peanuts of your choice

 **DIRECTIONS**

- 1 Set a medium-sized skillet over medium-low heat. Pour in the oil and let it heat for 1 to 2 minutes.
- 2 Once it is hot, add the guajillo chiles and let them cook gently, for about 2 minutes, stirring constantly until they look a bit crisp and their color has changed.
- 3 Add the scallions, mix with the chiles and the by now flavored oil, and cook for another couple minutes, until the scallions begin to wilt.
- 4 Incorporate the sesame seeds, mix again, and cook for another couple minutes until seeds have begun to brown lightly. Turn off the heat and scrape into a small bowl.
- 5 In a medium mixing bowl, add the avocado, lime juice and salt, and gently mash and mix with a fork.
- 6 Incorporate the pineapple, jicama and Japanese-style peanuts. Scrape the avocado mix onto a serving bowl and spoon the guajillo chile, scallion and sesame seed mixture all over the top.

Nutrition Facts	
7 servings per container	
Serving size	(171.95g)
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 22g	28%
Saturated Fat 3.03g	15%
Trans Fat 0.3g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	9%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	11%
Vitamin D 0mcg	0%
Calcium 811mg	60%
Iron 0.261mg	2%
Potassium 25180mg	540%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Botanero
Guac**

GUACAMOLE RECIPES
MARYLAND-STYLE CRAB GUAC



 SERVES: N/A

 **INGREDIENTS**

- ½ pound lump crabmeat cleaned and all cartilage removed
- ¼ cup chopped red onion
- 3 tablespoons chopped fresh parsley
- ¾ teaspoon Worcestershire sauce
- ½ teaspoon Dijon mustard
- 3 tablespoons lemon juice
- ½ teaspoon kosher or sea salt
- 1 teaspoon Old Bay seasoning or to taste
- Saltine crackers
- Cucumber slices optional

 **DIRECTIONS**

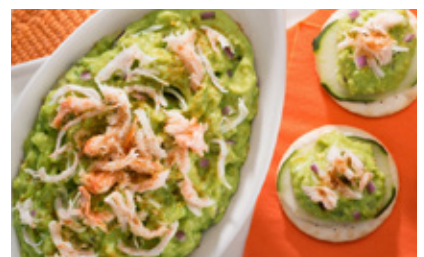
- 1 In a large mixing bowl, combine the avocados with the crabmeat (reserving a couple tablespoons of crabmeat to garnish at the end), red onion, parsley, Worcestershire, Dijon mustard, lemon juice and salt
- 2 Mix until fully combined, and spoon into a serving bowl
- 3 Top with the reserved crabmeat and sprinkle Old Bay all over
- 4 Serve along with crackers and cucumber slices if desired.

Nutrition Facts

7 servings per container
Serving size (134.07g)

Amount Per Serving	% Daily Value*
Calories 170	
Total Fat 0g	0%
Saturated Fat 1.9g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.65g	
Monounsaturated Fat 8.49g	
Cholesterol 30mg	10%
Sodium 380mg	16%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 8g	15%
Vitamin D 0mcg	0%
Calcium 577mg	45%
Iron 0.1422mg	0%
Potassium 24941mg	530%

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Maryland
style Crab Guac

SHALLOT & SMOKY HICKORY GUAC



 SERVES: 4

 **INGREDIENTS**

- 2 Avocados From Mexico
- 1 red bell pepper
- 1 Aji Amarillo Pepper
- 1 Clove Fermented Black Garlic
- ¼ small Shallot Maui Onion
- 1 Sprig Cilantro
- 2 Leaves Fresh Spanish Oregano
- Smoked Hickory Salt
- kosher salt 2 oz.
- queso fresco
- 1 Tbsp Raw Sugar Blue corn
- tortilla chips

 **DIRECTIONS**

- 1 Peel shallot, slice thin rings.
- 2 Heat vinegar and sugar in microwave until hot.
- 3 Pour over shallot rings reserve in cooler.
- 4 Fire roast peppers, peel and finely dice
- 5 Mince onion, rinse once.
- 6 Finely dice half cilantro leaves.
- 7 Mortar and pestle avocado halves, garlic, oregano leaves.
- 8 Add pinch of smoked and kosher salt, peppers, onions, cilantro.
- 9 Season with more salt if needed. Top with Queso Fresco.
- 10 Serve with blue corn tortilla chips

Nutrition Facts

4 servings per container	
Serving size	(150g)
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 1mg	6%
Potassium 471mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Shallot & Smoky
Hickory Guac

GUACAMOLE RECIPES

BACON & BLUE CHEESE GUAC



 SERVES: 4

 **INGREDIENTS**

- 4 pieces thick cut bacon fried and crumbled
- 1/2 cup blue cheese crumbles
- 2 Avocados From Mexico
- 1/2 red onion diced
- 2 cloves fresh minced garlic
- 1 jalapeño chile seeded and diced
- 1/2 to 1 serrano chile seeded and diced
- 1-2 limes kosher salt fresh cracked pepper
- 1 bunch fresh cilantro

 **DIRECTIONS**

- 1** Cut avocados in half, remove pit and scoop out into large bowl.
- 2** Add minced garlic and chopped jalapeno and serrano.
- 3** Add 1 teaspoon of kosher salt, 1/2 teaspoon fresh cracked pepper, 1 tablespoon of fresh lime juice, diced onions, 1 teaspoon lime zest and with two spoons gently mash all ingredients together.
- 4** Chop cilantro and add to mixture. Taste and adjust as necessary with salt, pepper, and lime and a little more serrano if desired.
- 5** Add 1/2 blue cheese and bacon. Mix and spoon into a serving bowl with the remaining bacon and blue cheese on top as garnish in a beautiful firework presentation. Surround with tortillas chips

Nutrition Facts	
4 servings per container	
Serving size	(148g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 473mg	10%

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Bacon & Blue
Cheese Guac

GUACAMOLE RECIPES
RUM & ROMA GUAC



 SERVES: 6

 **INGREDIENTS**

- 3 fresh Avocados From Mexico halved, seeded and peeled
- 1 lime juiced
- ½ tsp kosher salt
- ½ tsp ground cumin
- ½ tsp cayenne
- ½ medium onion diced
- ½ jalapeño pepper seeded and minced
- ½ Red Chili Pepper seeded and minced
- 1 oz Sammy's Beach Bar Rum
- 2 roma tomatoes seeded and diced
- 1 Tbsp chopped cilantro 1 clove garlic minced

 **DIRECTIONS**

- 1 In a large bowl place the scooped avocado pulp, lime juice, and Sammy's Beach Bar Rum, toss to coat.
- 2 Drain, and reserve the lime juice, after all of the avocados have been coated.
- 3 Using a potato masher add the salt, cumin, and cayenne and mash. fold in the onions, jalapeno, tomatoes, cilantro, and garlic.
- 4 Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

Nutrition Facts

6 servings per container	
Serving size	(127g)
Amount per serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 448mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Rum & Roma Guac

