



Find recipes at [simplyorganic.com](http://simplyorganic.com).  
Simply Organic® uses ingredients grown and processed without the use of toxic pesticides, irradiation, or genetically engineered products.

DO NOT MICROWAVE



INGREDIENTS: WATER, ORGANIC ONION, ORGANIC CHILE PEPPER, ORGANIC CILANTRO, SEA SALT, ORGANIC APPLE, ORGANIC VINEGAR, ORGANIC CORN STARCH, ORGANIC GARLIC, ORGANIC LIME JUICE CONCENTRATE, ORGANIC GUAR GUM, ORGANIC CAYENNE, ORGANIC CHILI PEPPER, ORGANIC BLACK PEPPER.  
DISTRIBUTED BY: FRONTIER CO-OP, NORWAY, IA 52318  
USA © 2017 FRONTIER M308472  
CERTIFIED ORGANIC BY QAI

Nutrition Facts	
Amount per serving	
<b>Calories</b>	<b>5</b>
Serving size 2 Tablespoons (30g) About 4 servings per container	
<b>Total Fat</b> 0g	0% Daily Value*
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 1g	0%
<b>Dietary Fiber</b> 0g	0%
<b>Total Sugars</b> 0g	0%
<b>Includes 0g Added Sugars</b>	0%
<b>Protein</b> 0g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 3mg	0%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 22mg	0%

\*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.

Garnish with cilantro and a squeeze of fresh lime juice.

**CHEF SUGGESTS**

- ✓ 1 pouch Simply Organic Guacamole Mix
- ✓ 2 ripe avocados, peeled and pitted
- 1 In a medium bowl, coarsely mash avocados.
- 2 Add guacamole mix and continue to mash until fully incorporated.

**YOU WILL NEED**

**DIRECTIONS**

Learn more at [simplyorganic.com/givingback](http://simplyorganic.com/givingback).  
Simply Organic is committed to supporting organic and sustainable farming communities.

Pure. Simple. Joy.®



2 STEPS    10 MINUTES PREP TIME    4 MAKES 4 SERVINGS

Tangy notes of green chile peppers, lime & garlic

# guacamole

MIX JUST ADD AVOCADOS



SERVING SUGGESTION

NET WT. 4 OZ (113g)