



## *Appetizers*

### **Guacamole with Organic corn chips**

2 avocados (best to buy hard avocados ahead of time and letting them ripen for a couple or three days; ripe avocados should be firm but give in a little when press with your finger).

2 ripe tomatoes diced

¼ red onion diced

Cilantro cut in small pieces

1 large lemon or lime

1 teaspoon Organic Apple Cider Vinegar

Sea salt to taste

Cumin to taste

Peel and cut the avocado and add the lemon or lime juice, the vinegar, sea salt and cumin to taste. Mash these ingredients together and when done, add the cilantro and red onion, mix in. Serve with organic corn chips.

### **Wasa Rye crackers with artichoke dip**

You can find the recipe for artichoke dip on-line or in one of your cookbooks.

The key here is to find organic mayonnaise.