

Guacamole Recipe

Ingredients:

2 ripe avocados

3 drops [doterra lime essential oil](#)

1 drop [doterra cilantro essential oil](#)

Sea salt to taste

Directions:

Scoop out the flesh of the ripe avocado into a bowl, add essential oils and sea salt. Mash with a fork until desired consistency is achieved. Serve with tortilla chips, crackers, veggies, or spread on toast.