



Weight Loss Done Right!

Asparagus Guacamole

Ingredients:

- 12 spears cooked asparagus, chopped
- 1 can chopped green chilis
- ½ can jalapenos
- ½ cup onion (sweet)
- 1 dash nutmeg
- 1-2 cloves garlic
- 2 teaspoon olive oil
- ½ lemon squeezed
- Salt & pepper to taste

Instructions:

1. Blend or puree to desired consistency