



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chia Guacamole

YMCA of Northern
Rock County

Chia seeds provide a great way to incorporate additional healthy omega-3 fats into your recipes!

Servings: 6 (approx. 1/2 cup each)

Ingredients:

- 3 avocados, peeled, pitted, and mashed
- 1/2 shallot, minced
- 1 clove garlic, minced
- 1/2 serrano pepper, seeded and minced
- 2 teaspoons chia seeds
- 1/2 teaspoon kosher salt
- 1 teaspoon adobo seasoning*
- Juice of 1/2 lime

*Can substitute with 1/2 teaspoon ground cumin and 1/2 teaspoon cayenne pepper

Directions:

Combine all ingredients. Let sit for one hour for best flavor, or serve immediately.

Nutrition Per Serving:

Calories: 172

Fat: 1.9g

Carbs: 10.1g

Protein: 2.4g



This recipe is provided to you
by Y Personal Trainer, Kelly
Jones

