

Avocado Salsa

Serves **8**

- 1 avocado, seeded, peeled and coarsely mashed with a fork or potato masher
 - 1/2 cup Diced Tomatoes w/Green Chilies, drained
 - 1/4 cup red onions, finely diced
- 1 Tablespoon Apple Cider Vinegar or Red Wine Vinegar
 - 1 Tablespoon lime juice, freshly squeezed
 - 1/4 teaspoon Sea salt
- 2 teaspoons organic maple syrup, optional
 - 1/4 teaspoon ground cumin
 - 1/4 cup fresh parsley, chopped
or fresh cilantro
 - 1 clove garlic, finely minced

Directions

Place all ingredients in a bowl and stir well. Serve with any Chips or Crackers or with any warm Refried Beans