



Southwest Guiltless Guacamole Dip



1/8th of recipe (about 1/4 cup): 73 calories, 4g total fat (0.5g sat. fat), 180mg sodium, 6g carbs, 2.5g fiber, 2g sugars, 4g protein

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Prep: 15 minutes



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Ingredients

8 oz. mashed avocado (about 1 cup; about 2 small avocados)
1 cup fat-free plain Greek yogurt
1 tsp. lime juice
3/4 tsp. garlic powder
3/4 tsp. chili powder
1/2 tsp. salt
1/4 cup canned black beans, drained and rinsed
1/4 cup chopped red bell pepper
1/4 cup finely chopped red onion
2 tbsp. finely chopped cilantro

Directions

In a medium bowl, combine avocado, yogurt, lime juice, garlic powder, chili powder, and salt. Mix until smooth and uniform.

Stir in black beans, pepper, onion, and cilantro.

Cover and refrigerate until ready to serve.

MAKES 8 SERVINGS

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