

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/yogurt-guacamole>

Yogurt Guacamole

Prep time: 15 minutes

Servings: 6

Guacamole is always the favorite dip at the appetizer table: it's so easy to make, everyone loves it, and it's made with all the best ingredients. There just never seems to be enough! So we added our whole milk yogurt for a bigger (and creamier!) bowl of this party staple.

Green Valley Creamery

Ingredients

3 ripe Haas avocados, quartered, seeded, and peeled

1 cup Green Valley Creamery Lactose-Free Plain Whole Milk Yogurt

1 lime, juiced

½ tsp. cumin

½ tsp. cayenne

½ tsp. salt

½ tsp. freshly ground pepper

½ medium onion, diced

½ jalapeno pepper, seeded and minced

2 Roma tomatoes, seeded and diced

1 Tbsp. fresh cilantro, chopped

2 cloves garlic, finely minced

Salt and freshly ground pepper to taste

Instructions

In a large bowl add the avocado, lime juice, cumin, salt, and pepper and use a fork or potato masher to mash until smooth. Fold in the remaining ingredients and mix well. Taste and adjust seasoning if necessary.

Recipe adapted from [Food Network's Guacamole](#) recipe.