PRIMAL GUIDE

Ultimate Animal-Based Guacamole

PREP 10 MIN • YIELD 5 SERVINGS

INGREDIENTS

- 3 ripe avocados
- 1½ tsp fine sea salt (adjust to taste)
- 1½ tbsp fresh lime juice
- 1½ tbsp raw sour cream or raw heavy cream
- 1/8 tsp ground cumin (optional)
- ¼ tsp smoked paprika or smoked salt (optional)
- 1½ tbsp very cold butter or ghee, cut into small cubes

STEPS

1. Halve and pit the avocados; scoop into a bowl. Set aside 1/3 of one avocado and dice it into ½-inch chunks.
2. Mash the rest until smooth but not whipped.
3. Salt the mashed avocado and mix well.
4. Stir in the lime juice and raw sour cream (or heavy cream) until glossy.
5. Add the cumin and smoked paprika or smoked salt, if using.
6. Fold in the diced avocado, then the cold butter or ghee cubes. Stop once evenly mixed.
7. Taste and adjust seasoning — add more salt first, then lime juice if necessary.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/ultimate-animal-based-guacamole Not medical advice. Talk with your doctor about your diet.

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