



Here's A Topping Idea: Go Guacamole

(NAPSA)—Whether you're looking for a way to add a new twist to your old favorites or looking for a healthier alternative to mayo or ranch dressing, consider the flavorful creaminess of avocados.

Avocados are often dismissed from healthy foods for being high in fat. A closer look at this fruit proves that they are, in fact, high in monounsaturated fats—otherwise known as “the good fats.” Avocados are also rich in vitamins and minerals, especially magnesium, folic acid, lutein and vitamins B, E and K. They also boast an impressive 60 percent more potassium than a banana; are high in fiber (including soluble fiber), even compared to other fruits; and are naturally sodium and cholesterol free.

If you're finding the price of avocados too high or have problems with over/underripe fruits causing issues, try premade all-natural avocado products like Wholly Guacamole. Found in the produce section of your grocery store, Wholly Guacamole is preservative and additive free with only five ingredients: avocado, jalapeno puree, onions, salt and garlic. Easy to use and full of flavor, the product is available in larger servings as well as single-serve 100-calorie snack packs—perfect for sandwiches, lunch boxes, after-school snacks and more.

Guacamole isn't just for chips. It also makes a great dip with carrots and other veggies and a terrific topping for hot dogs, grilled chicken and in this delicious twist on your grilled burgers:



Guacamole Cilantro Lime Cheeseburgers are just a sample of the great meals you can make with **healthful avocados.**

Wholly Guacamole Cilantro Lime Cheeseburgers

Wholly Guacamole

- ½ lime, juiced**
- 1 tsp garlic**
- ½ cup diced onion**
- ½ cup diced tomatoes**
- 2 lbs lean ground beef**
- 6 slices of Monterey Jack cheese**
- 6 hamburger buns**

In a large bowl, mix together ground beef and the juice of half a lime, garlic, onion and tomatoes. Form the meat into 6 patties. Cook the burgers to the desired doneness on a preheated grill. Add a slice of cheese to each burger during the last minute of cooking. Serve on toasted buns with a healthy dollop of Wholly Guacamole.

As with all Wholly Guacamole products, it's truly all natural. The company does not preserve its products using heat or chemicals, which can damage flavors.

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