



# Allergy-Friendly Food for Families

**120** gluten-free, dairy-free, nut-free, egg-free, and soy-free recipes everyone will love



FROM THE EDITORS OF

**kiwi**



## fruity guac

*This is a sweet twist on guacamole that appeals to a kid's sweet tooth without making you worry about sugar and unhealthy fat. If your avocados need ripening, place them in a paper bag with a banana and seal shut. Check back 12 to 24 hours later for a ripened avocado. The pomegranate seeds add a touch of tartness, but if they aren't in season, just omit from the recipe.*

### ingredients

- 2 avocados, pitted, peeled, and diced
- 2 bananas, diced
- Juice of 2 limes (about  $\frac{1}{4}$  cup)
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons ricotta cheese
- $\frac{1}{2}$  cup pomegranate seeds (optional)

### PREP TIME: 10 minutes

1. In a small bowl, use a fork to mash the avocados, bananas, lime juice, and salt into a chunky consistency.
2. Add the ricotta and stir to combine. Taste and season with additional salt or lime juice, if needed.
3. Top with the pomegranate seeds, if using, and serve with your favorite whole-grain chips.

### SERVES 6

**PER SERVING:** calories 152,  
fat 10 g, protein 2 g,  
carbohydrates 16 g,  
dietary fiber 6 g