



### **Oil-Free Baked Fries (+ 2 Minute Guacamole):**

- 2 to 3 russet potatoes
- (optional) spices - black pepper, turmeric, garlic powder, smoked paprika, italian seasoning, etc...

### **Guacamole:**

- 1 avocado
- Juice of ½ a lime
- 2 tbsp red onion, diced
- 2 tbsp tomato, diced
- ¼ tsp black pepper
- ¼ tsp garlic powder

Cut potatoes into medium fry shapes. About ½ to ¾ of an inch in width. Put onto a baking tray lined with either parchment paper or a silicone baking mat. Bake at 450°F for 35 minutes. For the guacamole, mash all ingredients together in a bowl with a fork until mostly smooth and well combined.