



Spirulina Guacamole

From Dr. Oz's Ultimate Anti-Aging Checklist - *As seen on Oprah*

Dr. Oz recommends this healthy dip recipe containing Spirulina Algae, a source of valuable DHA omega-3s.

Dr. Oz Recipe for Spirulina Guacamole

2 avocados, pitted	Juice of 1 lemon
Juice of 1 lime	1 clove garlic, roughly chopped
1 medium yellow onion, roughly chopped	1 jalapeno, sliced
1 cup cilantro leaves	3 Tbsp. Spirulina
1 tomato seeded and chopped or 1/2 cup grape tomatoes, halved	Salt and pepper to taste

Put all ingredients, except for tomatoes, into a blender and mix until combined. Stir in tomatoes and season to taste.

Frontier Natural Products Version:

- 2 organic avocados, pitted
- Juice of 1 organic lemon (approx. 1/8 cup of bottled juice)
- Juice of 1 organic lime (approx. 1/8 cup of bottled juice)
- 1 package Simply Organic Guacamole or Spicy Guacamole mix
- 2 to 3 tablespoons Organic Spirulina (Frontier Bulk #2701)
- 1 tomato seeded and chopped or 1/2 cup grape tomatoes, halved

Put all ingredients, except for tomatoes, into a blender and mix until combined. Stir in tomatoes and season to taste.

Makes approximately 2 cups • 16 servings of 2 tablespoons each • Each serving (at adding 2 tbsp) contains 1.1 grams of spirulina • Each serving (at adding 3 tbsp) contains 1.7 grams of spirulina

Product Information

Spirulina, a microscopic plant, is nature's most powerful "green" food. With over 60% protein content, Spirulina is the highest, most potent and most digestible protein source known. Spirulina is a source of several important phytonutrients not found in other green foods, such as gamma linolenic acid, vitamin B12, phycocyanin and sulfolipids. In addition, it is an excellent source of Beta carotene, other carotenoids, vitamins and trace elements.

Organic Sourcing of Spirulina

Our organic Spirulina is cultivated in man made ponds, located on a 120 acre facility in the little town of Oonaiyur, India.