

Spice up your meals with our YGY Easy Eats™ Guacamole Mix!

Bursting with authentic Mexican flavors like chili, bell pepper, onion, and more, this zesty blend will bring the fiesta to your favorite recipes. Each packet provides all the spices you need for the perfect bowl of guacamole – just pour, mix, and enjoy!

Nutrition Facts / Valeur Nutritive

Servings Per Container / Portions par contenant: 20
Serving Size / Portion: 0.07 oz (2 g)

Calories **0**

Amount Per Serving /
Quantité par portion % Daily Value* /
% Valeur Quotidienne*

Total Fat / Lipides 0 g **0%**

Saturated Fat / Saturés 0 g **0%**

Trans Fat / Trans 0 g

Cholesterol / Cholestérol 0 mg **0%**

Sodium 20 mg **1%**

Total Carbohydrate / Glucides < 1 g **0%**

Dietary Fiber / Fibres 0 g **1%**

Total Sugars / Sucres 0 g

Includes 0 g Added Sugars /
Contient 0 g de Sucres Ajoutés **0%**

Protein / Protéines 0 g

Vitamin D 0 mcg 0% • Calcium 8 mg 0%

Iron / Fer .36 mg 2% • Potassium 25 mg 0%

Thiamin / Thiamine 0 mg 0% • Riboflavin / Riboflavine 1.3 mg 1%

Niacin / Niacine 0 mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. 5% or less is a little, 15% or more is a lot.

*Le % de la valeur quotidienne (VQ) vous indique dans quelle mesure un nutriment dans une portion d'aliment contribue à un régime alimentaire quotidien. 2,000 calories par jour sont utilisées pour des conseils nutritionnels généraux. 5% ou moins c'est peu, 15% ou plus c'est beaucoup.

Ingredients: Onion, Garlic, Red Bell Peppers, Cumin, Parsley, Chili, Black Pepper, Sea Salt.

Ingredients: Oignon, Ail, Poivron Rouge, Cumin, Persil, Piment, Poivre Noir, Sel De Mer.

Here's why we think you'll love YGY Easy Eats™:

Fresh Authentic Flavors

- Zesty Mexican spices bring mouth-watering flavor to your favorite recipes
- Spice up marinades, soups, dressings, rubs, aiolis, and so much more

Completely Customizable

- Whip up your ideal fiesta spread on the fly, on a budget, or with a touch of embellishment
- Easily adjust the spice level to your preference, perfect for picky eaters and spice lovers

Easy to Use

- Instant packets save you a trip to the store and are easy to share
- Use 1-3 tbsp of spice mix into your favorite dip or sauce. Enjoy!

Dr. Wallach-Approved

- Vegan, gluten-free, and non-GMO with no nuts or seed oils
- No artificial ingredients, colors, or flavors

SINGLES | US: USEE100103 | CA: USEE100103CA
10 PACK | US: USEE1103 | CA: USEE1103CA

Manufactured in the U.S.A. for:

YOUNGevity®

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INTRODUCING

**YGy
Easy Eats™**

**Spice Up Your Day
with Fresh, Tasty Flavors!**



FRESH

Guacamole Salad Dressing

Ingredients

- 1 large avocado - peeled, pitted, and mashed
- 1 cup heavy whipping cream
- 1 tbsp lime juice
- 1-2 tbsp YGY Easy Eats™ Guacamole Mix
- 1/8 tsp sweetener of choice

Directions:

1. Blend all ingredients together until smooth. Add salt to taste.
2. Chill for 1 hour before using.



SCAN FOR MORE RECIPES

FAST



Powerhouse Guacamole Dip by Denise T.

Ingredients

- 1 large ripe avocado
- 1/2 cup cottage cheese
- Juice of 1/2 lime (or to taste)
- 1 - 2 tbsp YGY Easy Eats™ Guacamole Mix
- Salt and pepper to taste
- A splash of water or extra lime juice to thin, if needed

Directions:

1. In a blender or food processor, combine the avocado, cottage cheese, lime juice, and YGY Easy Eats™ Guacamole Mix.
2. Blend until smooth and creamy.
3. Season to taste with a little extra salt and pepper if needed.
4. Adjust the thickness by adding a splash of water or more lime juice until it's pourable for drizzling.



FABULOUS

Sante Fe Chicken Skillet

by Leanne P.



Ingredients

- 2 large chicken breasts, cut in half lengthwise
- 3 tbsp YGY Easy Eats™ Guacamole Mix
- Salt and Pepper
- 2 tbsp avocado oil, divided
- 1 tbsp butter
- 1 large onion, finely diced
- 1 (15 oz) can diced tomatoes or Rotel diced tomatoes with green chilis
- 1 (15 oz) can corn, drained (or 2 cups fresh or frozen corn kernels)
- 1 (15 oz) can black beans, drained and rinsed
- 1 lime, 1/2 to be juiced, 1/2 for garnish (wedges)
- 1 1/2 cups shredded cheddar or Mexican cheese
- Cilantro, guacamole, and sour cream to garnish

Directions:

1. Heat avocado oil and butter in 12-inch skillet over medium heat.
2. While oil/butter are heating, evenly season chicken with YGY Easy Eats™ Guacamole Mix (less than 1 tbsp), salt, and pepper to taste.
3. Sauté chicken until lightly golden brown and almost cooked through, about 3 minutes on each side. Remove chicken from pan, and set aside.
4. To same skillet still on medium, add remaining avocado oil. Add diced onions, cook until translucent, stirring frequently. Stir in tomatoes, corn, black beans, lime juice, and the remaining 2 tbsp YGY Easy Eats™ Guacamole Mix. Cook until bubbling, stirring often for about 5 minutes.
5. Put chicken back into the skillet. Scoop the veggie mixture over each piece and sprinkle with cheese.
6. Cover and cook over medium-low heat or in 350°F preheated oven until cheese is melted and the chicken is cooked through (10 minutes).
7. Garnish with fresh cilantro, a dollop of sour cream, guacamole, and a few lime wedges.