Guacamole

Avocados are full of healthy fats and fibre and makes a great dip!

Makes: 4 portions • Preparation time: 30 minutes

Ingredients

- 1 ripe avocado
- 1 lime
- 1 clove of garlic

Equipment

- Chopping board
- Vegetable knife
- Mixing bowl
- Lemon squeezer
- Garlic press
- Fork
- Serving dish
- Plate

Top tips

- Serve with grilled tortilla bread cut into triangles, wholemeal pitta bread or carrots.
- Try adding some finely chopped tomato.

Method

1. Halve the avocado, remove the stone, peel and place in the mixing bowl.
2. Cut the lime in half and squeeze the juice from one half of the lime into the mixing bowl.
3. Peel and crush the garlic then add it to the other ingredients.
4. Mash all the ingredients together with the fork and serve.