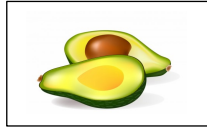




Green Guacamole

Ingredients:

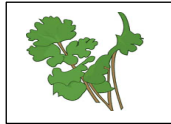
2 avocados



½ red onion, minced



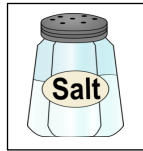
2 tbsp cilantro



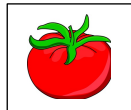
1 tbsp lemon/lime juice



2 tsp coarse salt



½ chopped tomato

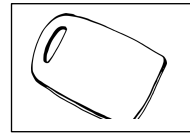


Supplies:

Knife



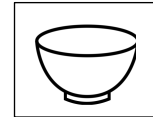
Cutting board



Fork



Bowl



Steps:

1. Cut avocados in half and remove middle pit and skin.
2. Using a fork mash the avocado and then add the rest of the ingredients.
3. Serve with pita chips or raw veggies.