

Guacamole Recipe

Yield: 1 cup

Ingredients

1 avocado, seed removed
1 Tablespoon cilantro
2 teaspoons green onion
2 wedges of lime or lemon
Salt and pepper to taste



Instructions for Adults

Cut the avocado in half and remove the seed. Assist kids as they use plastic knives to dice the other ingredients.

Instructions for Kids

- Using a spoon, scoop the flesh out of the avocado and place in a bowl.
- Using a fork, mash the avocado until it's creamy, but still has small chunks.
- Chop cilantro and green onion. Add the cilantro and onion to the mashed avocado.
- Cut the lime into wedges and squeeze 2 lime wedges over the mashed avocado.
- Stir just to combine.
- Eat with tortilla chips or sliced veggies.

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