



early childhood community development centre

Guacamole

Ingredients - Serves 4

- 2 ripe avocados
- 1/2 bunch fresh cilantro, leaves chopped
- 1/4 medium red onion, diced
- 2 jalapeño peppers, stemmed, seeded and finely diced (optional)
- 1 Tablespoon freshly squeezed lime juice salt and pepper freshly ground, to taste

Directions

1. Cut the avocados into halves and remove the seeds. Peel the fruit and place in a mixing bowl.
2. Mash avocados with a potato masher or fork until chunky. Add the remaining ingredients and mix with a fork.

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