

Snack of the Day: Guacamole

Ingredients:

- 1 ripe avocado
- 1/2– 1 garlic clove, peeled and crushed
- 1 small tomato or 3 cherry tomatoes, diced
- Juice of 1-2 limes
- 1/4 white or yellow onion, diced
- Salt & Pepper
- Chili pepper (optional)



Steps

1. Gather all ingredients
2. Cut avocado in half, use a spoon to dig out the inside
3. In a medium-sized bowl, add avocado, salt, pepper and (optional) chili pepper
4. Mash together with a fork
5. Mix in the garlic, onion and tomatoes
6. ENJOY on toast, tacos, with chips or on its own!