

Equipment

Measuring cups and spoons

Knife

Chopping Board

Mixing bowls

Spoon

Ingredients

2 medium avocados

1/4 tsp crushed garlic

1/2 small onion or equivalent chives

1 tbs taco sauce

1 tbs lemon juice

3tbs Greek Yoghurt

pinch salt

freshly ground black pepper

Title Simple Guacamole

Method

- 1 Finely chop onion or chives
- 2 Halve avocados, remove pip, peel and chop.
- 3 Juice Lemon.
- 4 Place avocado into mixing bowl and mash with fork until smooth.
- 5 Add all other ingredients and mix thoroughly.

