



Guacamole Dip

Equipment

Measuring spoons

Sharp Knife

Chopping Board

Juicer

Garlic crush

Fork

Mixing bowl

What to do

Task 1: Prepare the ingredients

Halve avocados, remove pip and peel. Juice Lemon. Crush garlic. Finely chop onion and tomato.

Task 2 : Mix

Place avocado into mixing bowl and mash with fork until smooth. Add all other ingredients and mix thoroughly.

Ingredients

2 medium avocados

1 Garlic clove

1 small onion

1 small tomato

1tbls Lemon juice

3tbls sour cream

pinch salt

freshly ground black pepper



Source: cupcakesandkalechips.com