



# GUACAMOLE

## *Salad*

## Ingredients:

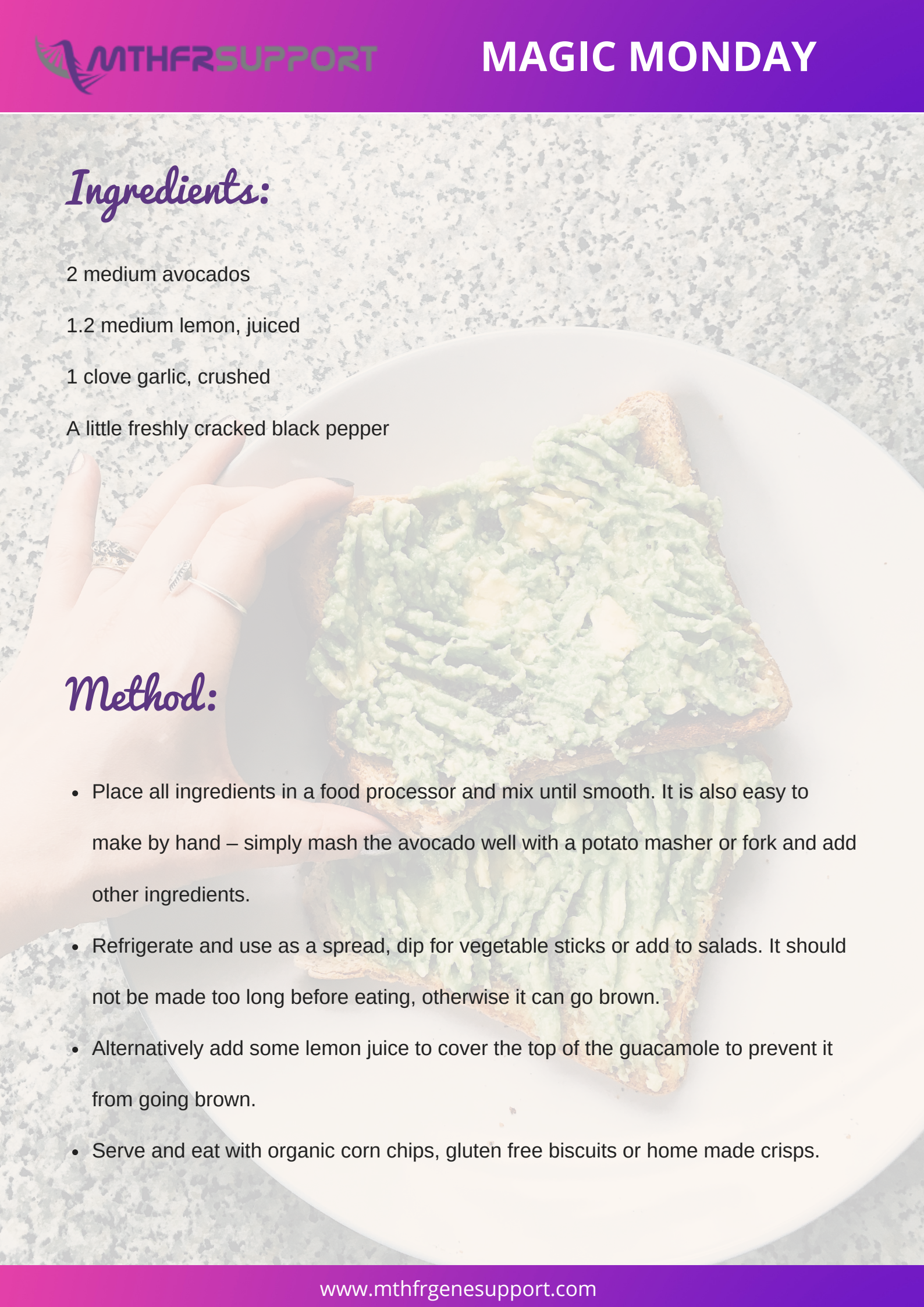
2 medium avocados

1.2 medium lemon, juiced

1 clove garlic, crushed

A little freshly cracked black pepper

## Method:

- 
- Place all ingredients in a food processor and mix until smooth. It is also easy to make by hand – simply mash the avocado well with a potato masher or fork and add other ingredients.
  - Refrigerate and use as a spread, dip for vegetable sticks or add to salads. It should not be made too long before eating, otherwise it can go brown.
  - Alternatively add some lemon juice to cover the top of the guacamole to prevent it from going brown.
  - Serve and eat with organic corn chips, gluten free biscuits or home made crisps.