



# Guacamole (Avocado Dip)

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6	avocados	6
¼ cup	lime or lemon juice	60 mL
¼ cup	cilantro (coriander), fresh, chopped	60 mL
2 tsp	garlic, minced	10 mL
¼ tsp	salt	1 mL
Optional:	Add 2 tomatoes, chopped and/or ½ cup (125 mL) onion, minced and/or ½ cup (125 mL) pepper, minced	

## Instructions

1. Cut the avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
2. Using a little masher or a fork, mash the avocado. Don't over mix it. The avocado should be a little chunky.
3. Add remaining ingredients and combine well.
4. Serve immediately.

*Serving Suggestions:* Serve with home-made pita chips, crackers, or baked tortilla wedges.

### Nutrition Information

Serving 15 g (1 tbsp)

<b>Calories</b> 20
<b>Fat</b> 2 g
Saturated 0 g
+ Trans 0 g
<b>Sodium</b> 10 mg
<b>Carbohydrates</b> 2 g
Fibre 1 g
Sugars 0 g
<b>Protein</b> 0 g
Calcium 0 mg
Iron 0 mg

### Food Guide Servings

Does not contribute towards Food Guide Servings