

## GUACAMOLE DIP AND VEGGIE STICKS

Ok—for a really yummy snack, Angus and I love to tuck into a plate of veggie sticks and guacamole dip. Angus's favourite of course because the main ingredient is AVOCADO!! Here's how we do it...

You need

2 ripe avocados—you can tell an avocado is just right to eat if the skin is black and it is just firm to touch, not really hard and no “airpockets” under the skin which mean it's too ripe. If your avocado is a bit overripe, don't worry about it for this dip, when everything is mashed together, it'll taste delicious!

Remove the skin and cut the avocados into quarters. Ask an adult to do this for you or if they say you can have a go yourself, do what I do. Start at the top where the hole is and carefully use your knife to go right around the bottom of the avocado and back up to the top meeting at the place where you started. Twist the two halves away from each other (pretend you're doing a Rubik's cube!) and the avocado will break into two pieces. Cut the two halves in lengthways again. The stone will be easy to take out once that piece is in two bits. Then you can easily peel the skin off and you have four nice pieces to put in your bowl!

**Do this to both avocados then add this other yummy stuff to the bowl:**

**1/4 cup or small handful of grated cheese**

**The juice from a good squeeze of half a lemon**

**1/2 a tomato cut into 4 pieces**

**1/4 of a small onion cut in 2 pieces**

**1 teaspoon of crushed garlic or 1 crushed clove of fresh garlic if you have it.**

**Now, I have a food processor in my kitchen so what I do is wizz everything up for about 30 seconds and it comes out pretty smooth. But if you haven't got one don't worry, just cut up the tomato and onion really small (maybe ask an adult to do this part) and mash everything together with a fork for a few minutes, it'll be awesome!**

**Cut up some of your favourite veggies straight from the fridge and dip them in the guacamole! Yummmmo!**

**We like carrots, red peppers, cucumber, small button mushrooms and celery! You can also use nacho chips or crackers to dip with if you have them.**

**Hope you like this Guacamole as much as we do!**