

Guacamole

Notes

Guacamole is a great dip for a veggie plate or chips and you can use the pits from the avocados to grow avocado plants.

Ingredients

2 - 3 ripe avocados

1 seeded and diced tomato

Juice from ½ a lemon

Minced garlic or garlic powder

Salt and pepper to taste

Process



Making a guacamole starts with choosing the right avocados. They have to be almost black in colour but not so overripe that they are bruised and dented.

Cut the avocados lengthwise without damaging the pit so you can use it to grow a plant. Use a spoon to scoop the meat of the avocados out into a large mixing bowl. Puree the avocados with a masher or a whisk.



Add 2 – 3 cloves of garlic minced with a garlic press or some garlic powder. Dice the tomato and remove the seeds and add it to the avocado mixture. Add the lemon juice. Add salt and pepper and stir well. Serve with a veggie tray.

How to grow an avocado from seed

<https://www.homestolove.com.au/grow-an-avocado-from-seed-10585>