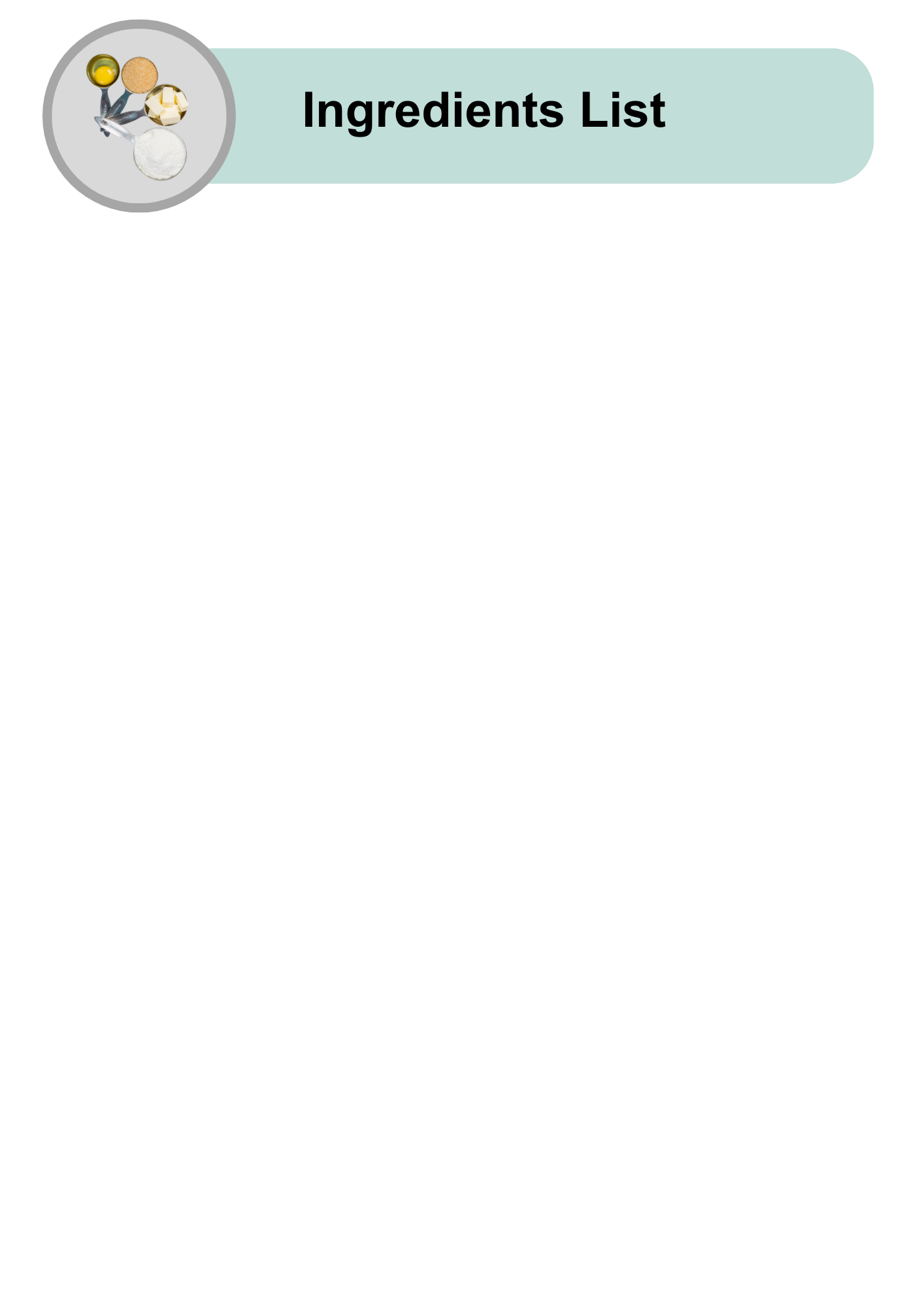
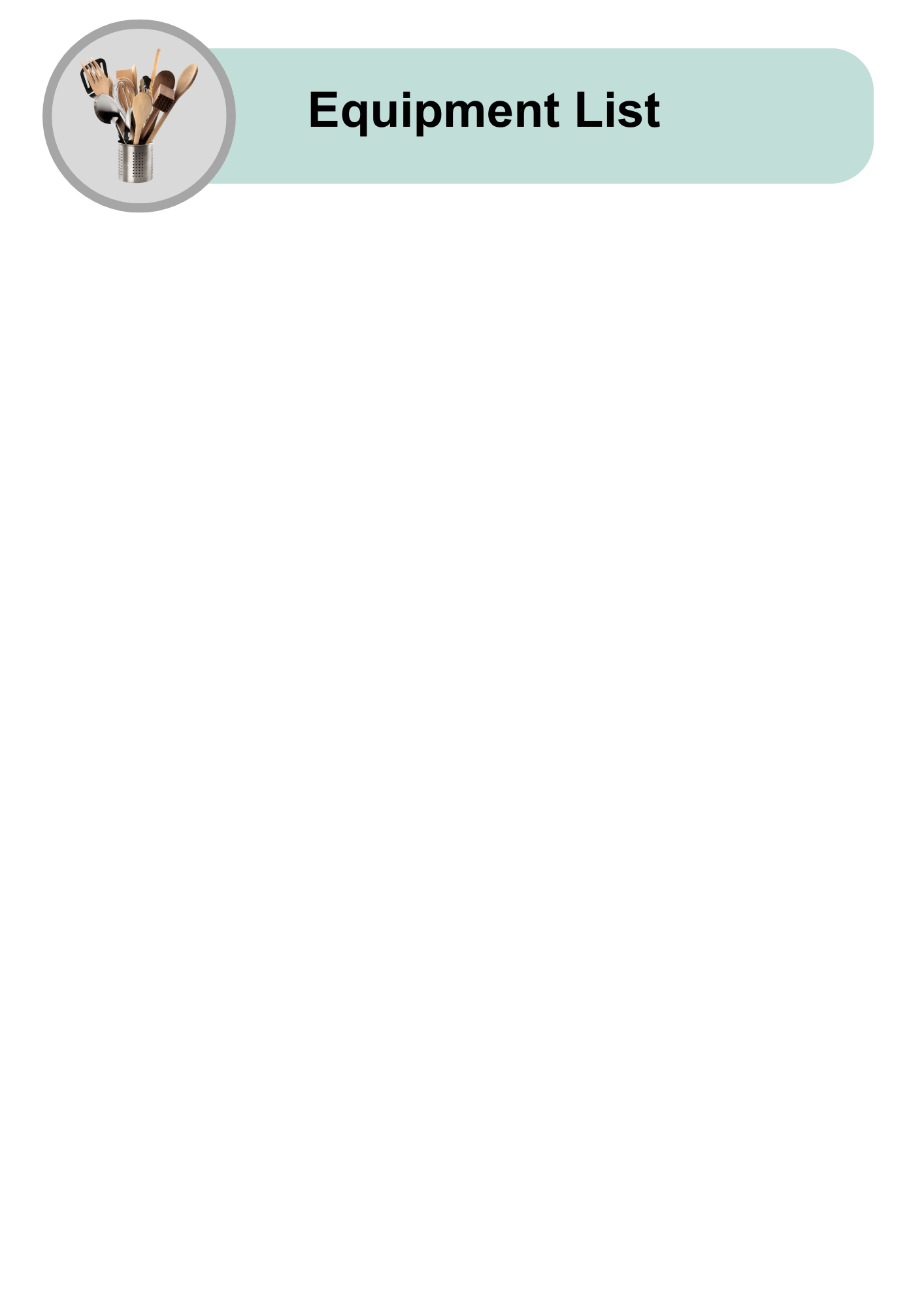


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| A clock icon with a teal border and white face, showing a highlighted blue segment representing 5 minutes. The number '5' is displayed prominently in black with the word 'min' written below it. | This recipe takes 5 minutes to make. |
| A bowl of guacamole with six stick figure icons below, representing six servings. | It will serve 6 people. |
|  | 1 tablespoon is 1 serving. |



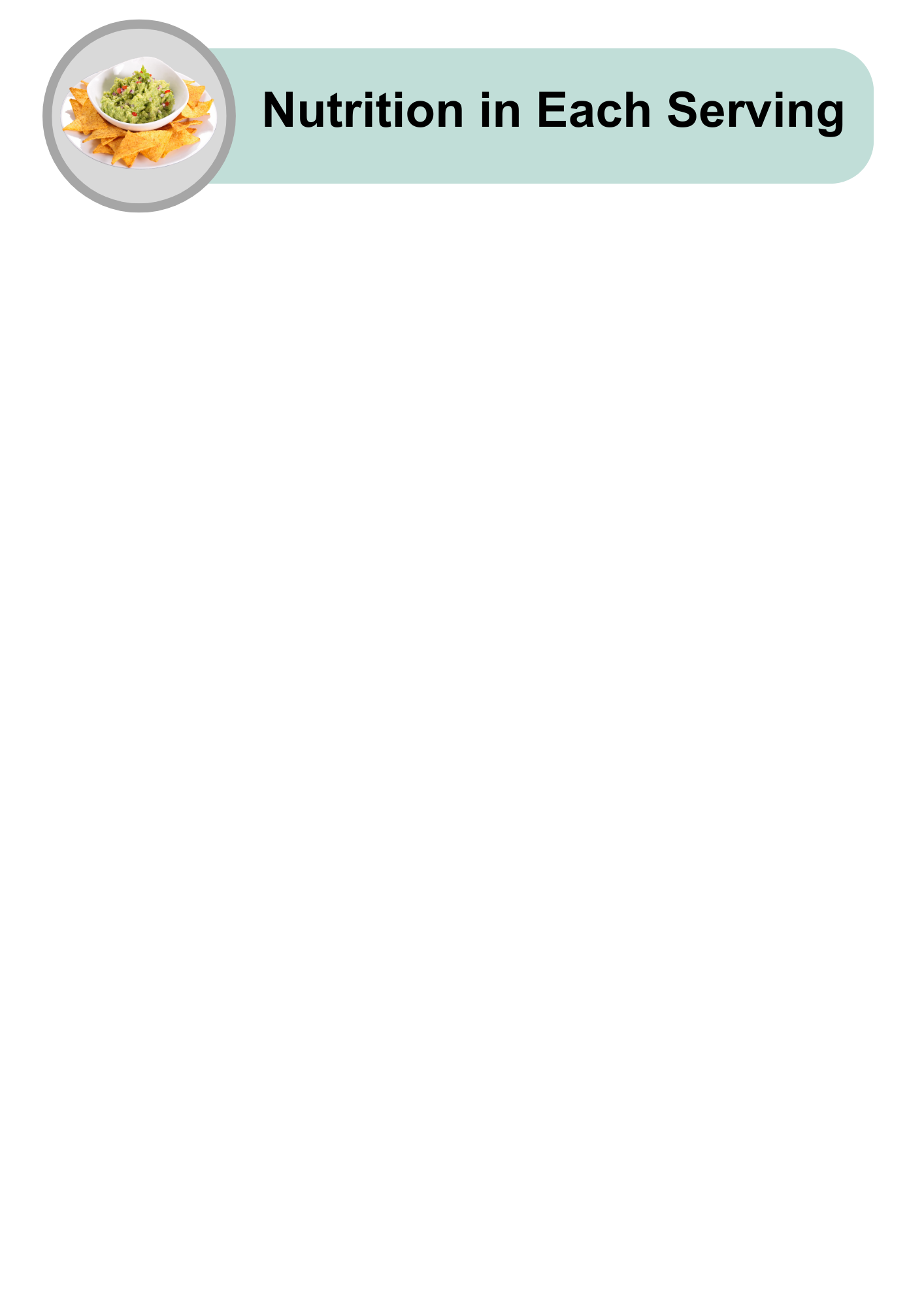
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| A whole ripe avocado with textured green skin. | 2 avocados |
| A fresh red tomato with a green stem. | 1 medium tomato |
| A yellow lemon, shown whole and sliced in half to reveal the inner pulp. | Juice from half a lemon |
| Two red onions, one whole and one cut in half to display the layers inside. | Half a medium red onion |
| A glass shaker filled with ground black pepper, topped with a shiny silver lid, on a plain grey background. | 1 teaspoon of black pepper |
| A glass shaker filled with white table salt, topped with a shiny silver lid, on a plain grey background. | 1 teaspoon of salt |



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| A sharp paring knife with a black handle and silver blade, lying flat. | Small knife |
| A shiny silver spoon with a reflective surface and a simple design. | Metal spoon |
| A plain white ceramic bowl with a simple, clean design, placed on a light grey background. | Mixing bowl |
| A stainless steel masher with a flat, perforated mashing plate and a long handle for ease of use. | Potato masher |
| A yellow plastic citrus juicer with a ribbed cone and juice strainer, placed on a plain grey background. | Juicer |
| A rectangular wooden cutting board with a handle cutout on one side, placed on a light grey background. | Chopping board |
| A sharp chef’s knife with a wooden handle featuring a polished metal blade, placed on a light grey background. | Large knife |
| A single wooden spoon on a light grey background. | Wooden spoon |



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| A ripe avocado cut in half with a paring knife beside it, showing the seed inside. | Cut the avocados in half.  Use a small knife on a chopping board. |
| A close-up of a halved avocado with the seed removed and placed next to it on a grey background. | Take out the pit from the avocado.  Use a metal spoon. |
| A white bowl containing sliced avocado pieces with a silver spoon hovering nearby. | Scoop avocado into a bowl with a metal spoon. |
| A sequence showing avocado being mashed in a bowl with a masher or fork, ending with a bowl of smooth guacamole. | Mash the avocado.  You can use a potato masher or a fork.  Make it smooth or leave it chunky. |
| A visual step for preparing guacamole, showing lemon juice being squeezed into a bowl with a citrus juicer. | Squeeze half a lemon using a juicer.  Put lemon juice into the bowl. |
| Ingredients for guacamole preparation, including diced onion and tomato, displayed with a cutting board and knife next to a bowl. | Chop the tomato and onion into small pieces.  Add them to the bowl. |
| Seasoning step for guacamole, showing salt and pepper shakers positioned above an empty bowl. | Add some salt and pepper.  Use as much as you like. |
| A serving of freshly made guacamole garnished with diced tomatoes and herbs, ready to serve. | Mix everything together with a wooden spoon. |
| Guacamole shown as a topping for nachos, as part of a nourish bowl, and served with tortilla chips. | You can eat the guacamole:   * As a dip * With nachos * As part of a nourish bowl. |



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| A cartoon-style illustration of various foods, including chicken, fish, carrots, and an egg, with a lightning bolt icon above, representing energy or nutrients. | Quite high in energy |
| An assortment of high-protein foods, including raw salmon, chicken breast, steak, eggs, nuts, grains, and cheese, arranged on a light grey background. | Low in protein |
| A collection of healthy fat sources, including raw salmon, avocado halves, mixed nuts, and a small bowl of olive oil, placed on a light grey background. | High in healthy fat |
| A variety of carbohydrate-rich foods, including pasta, bread, cereal, cookies, juice, and sugar cubes, arranged on a light grey background. | Low in carbohydrates |
| An arrangement of sugary treats, including lollipops, chocolate, cookies, candies, and a bowl of sugar with a spoon in the centre, symbolising high-sugar foods. | Low in sugars |
| An assortment of whole grains, seeds, nuts, and breads arranged with small bowls of grains, representing healthy fibre-rich foods, on a light grey background. | A serve of fibre |
| A tilted glass shaker filled with white table salt, with a small pile of salt spilled on the grey surface, representing salt usage or measurement. | Low in salt |

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| A bowl of guacamole with a thumbs-up hand, indicating approval. | Guacamole is easy to make and good for you! |
| A plate of tortilla chips with a bowl of guacamole in the centre. | Try making this guacamole recipe at home.  Enjoy it with your favourite meals. |
| A hand holding a smartphone displaying the Dietitians Australia website homepage, with the text 'The leading voice in nutrition and dietetics' visible on the screen. | For more recipes and tips, visit the Dietitians Australia website. |

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