



Guacamole Recipe



Dietitians
Australia



This recipe takes 5 minutes to make.



It will serve 6 people.



1 tablespoon is 1 serving.



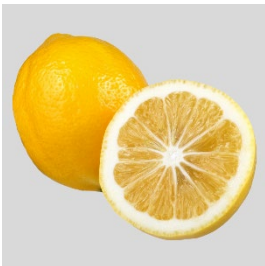
Ingredients List



2 avocados



1 medium tomato



Juice from half a lemon



Half a medium red onion



1 teaspoon of black pepper



1 teaspoon of salt



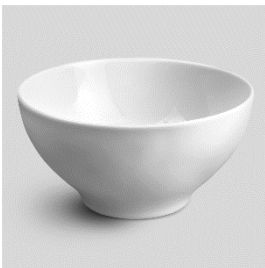
Equipment List



Small knife



Metal spoon



Mixing bowl



Potato masher



Juicer



Chopping board



Large knife



Wooden spoon



Method



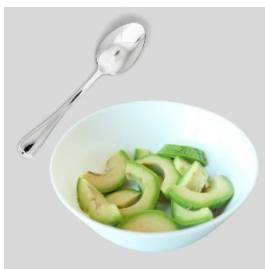
Cut the avocados in half.

Use a small knife on a chopping board.



Take out the pit from the avocado.

Use a metal spoon.



Scoop avocado into a bowl with a metal spoon.



Mash the avocado.

You can use a potato masher or a fork.

Make it smooth or leave it chunky.



Squeeze half a lemon using a juicer.

Put lemon juice into the bowl.



Chop the tomato and onion into small pieces.

Add them to the bowl.

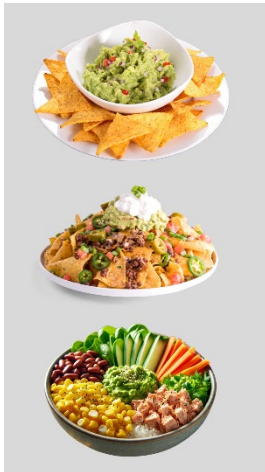


Add some salt and pepper.

Use as much as you like.



Mix everything together with a wooden spoon.



You can eat the guacamole:

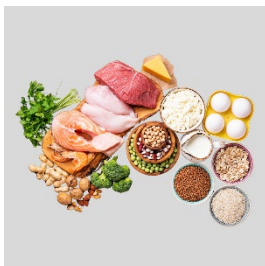
- As a dip
- With nachos
- As part of a nourish bowl.



Nutrition in Each Serving



Quite high in energy



Low in protein



High in healthy fat



Low in carbohydrates



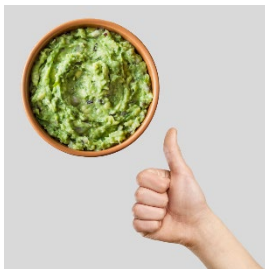
Low in sugars



A serve of fibre



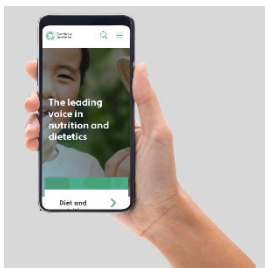
Low in salt



Guacamole is easy to make and good for you!



Try making this guacamole recipe at home. Enjoy it with your favourite meals.



For more recipes and tips, visit the Dietitians Australia website.

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