



Guacamole

(Makes 1 cup – 8 Servings = 2 Tablespoons Each Serving)

2 Avocados
1 lemon
3 green onions
1 clove garlic
1 teaspoon salt
Cilantro (for garnish)

Directions:

1. Cut each avocado in half, use a spoon to scoop out the seed, then take out the avocado.
2. In a small bowl or mortar mash the avocados.
3. Juice the lemon and add the juice to the avocados, mix well.
4. Cut the onions and chop the garlic and add to the avocados, mix well.
5. Season with salt to taste.