



Holy Moley Guacamole

Servings: 1 per child



Ingredients:

- 1 avocado, ripened
- 1 tablespoon lime juice or 1/2 lime, squeezed
- 2 tablespoons salsa
- 2-3 cherry tomatoes

Supplies:

- Cutting board
- Mixing bowl
- Measuring spoons
- Fork
- Cutting knife

Holy Moley Guacamole *(continued)*

Culinary Skills



Measuring



Mixing



Slicing

Directions:

Adults will:

- Slice avocados in half and remove pits.

Children will:

1. Scoop out flesh into mixing bowl.
2. Slice tomatoes in half and set aside.
3. Add salsa and lime juice and to mixing bowl.
4. Mash together to desired consistency using fork.
5. Mix in cherry tomatoes.

Enjoy immediately (or store in fridge) with pita bread, fresh veggies, or tortillas.

