



Guacamole dip

Ingredients:

- 2 ripe avocados
- ½ green chilli
- Juice of ½ lime
- 2 tsps sour cream
- Chopped coriander

Method:

1. Mash the flesh of the avocado with a fork in a mixing bowl until smooth.
2. Add the rest of the ingredients and mix thoroughly

Did you know ?

Avocados are the best fruit source of vitamin E, an essential vitamin that protects against many diseases and helps maintain overall health. If you place an avocado in a paper bag with an apple, banana or tomato and let it sit on your worktop overnight; gas produced by the other fruit will cause the avocado to ripen more quickly.

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