

Guac On



Ingredients

- 2 avocados
- ¼ red onion
- 1 tomato
- ½ lime or lemon
- Handful of coriander
- Pepper



Equipment

- Knife, spoon, small bowl, fork,
- lemon squeezer

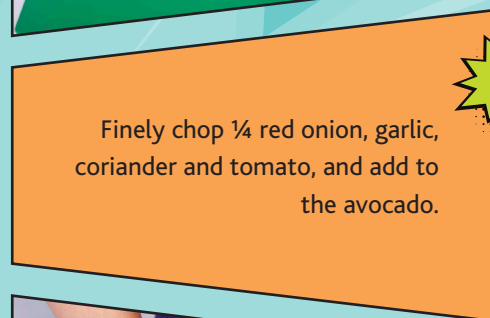


For more yummy recipes visit superherofoodshq.org.au



1.

Cut avocados in half and remove the stone. Scoop out the flesh into a bowl and use a fork to mash until almost smooth.



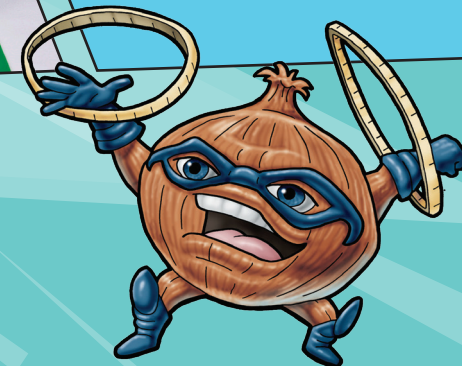
2.

Finely chop ¼ red onion, garlic, coriander and tomato, and add to the avocado.



3.

Juice ½ lime or lemon, and mix juice into the avocado mixture. Sprinkle with pepper to taste.



This recipe was inspired by Storm Smith, winner of Foodbank WA's Superhero Foods Kids' Cooking Challenge for Pilbara Primary Schools.