

Guacamole

I am sure that many people have their own favourite guacamole recipes. This is mine. Many recipes have a long list of ingredients including cream, sour cream, chillies, tomatoes etc but my recipe is super simple, super healthy and, according to family and friends, super tasty. I hope you enjoy it.

Ingredients

3 Large ripe avocados
1/4 Onion
Juice of 1/4 of a lemon
Handful of fresh coriander
Salt and pepper to taste

Method

Put all the ingredients in a food processor and blend. Adjust to taste. You may want a squeeze more lemon, a little bit more salt etc.

If you don't have a food processor...

Mash avocados
Finely chop onion and coriander and add to avocados
Add lemon juice, salt and pepper and mix together.