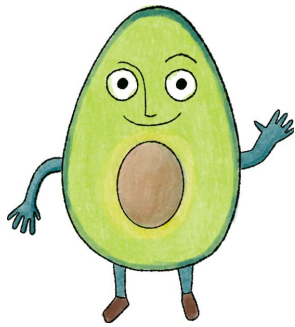


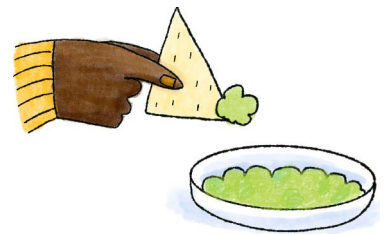
# GUACAMOLE

LESSON With child friendly Guacamole recipe



Hello, I am an avocado  
and I am the main  
ingredient in guacamole.

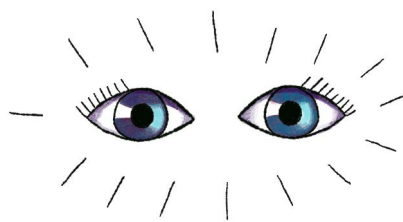
Guacamole is a delicious  
sauce from Mexico. You can  
eat it with nacho chips.



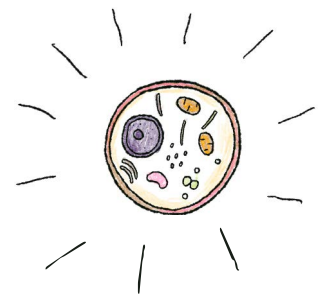
I am very good for you, I  
can help you to look  
after your:



Heart



Eyes

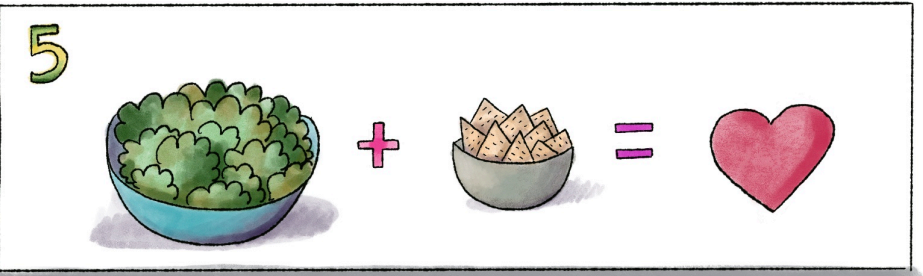
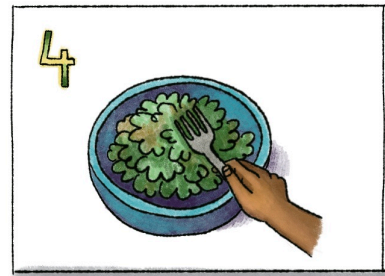
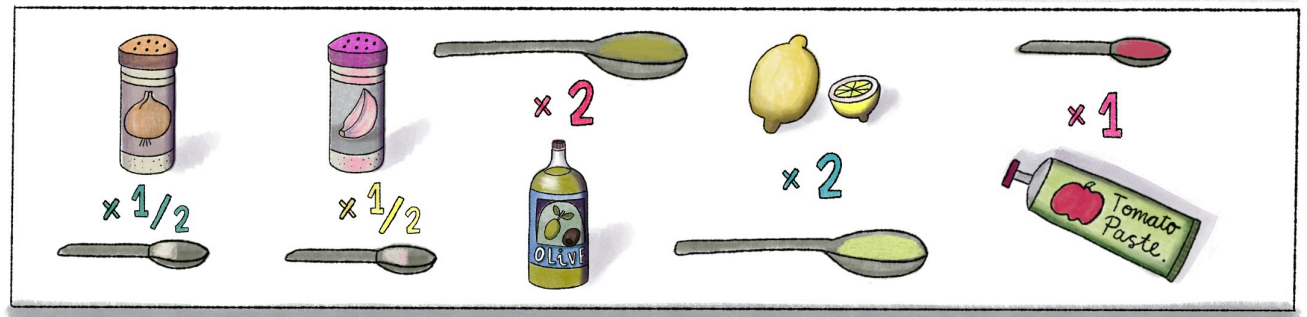
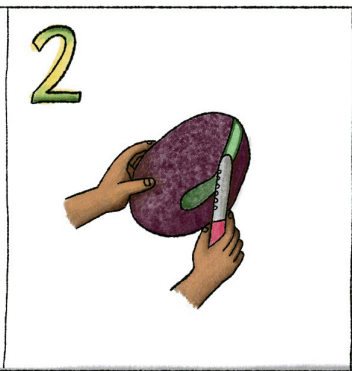
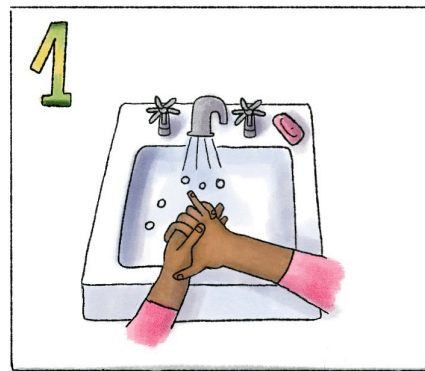
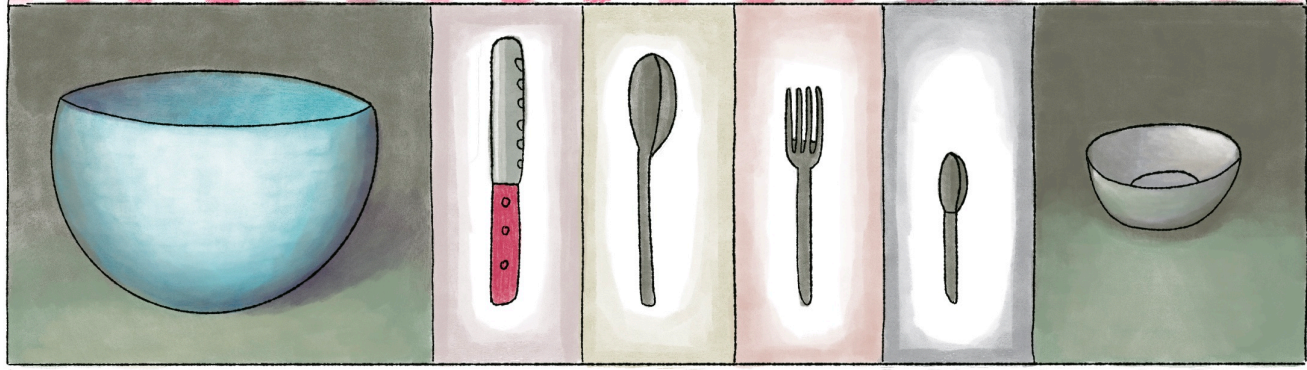


Cells

I am nice in salads  
or smoothies but I  
am great in  
guacamole.



# GUACAMOLE





## Guacamole instructions

To cook guacamole, you we need:

- 2 avocados (they need to be soft).
- ½ teaspoon of onion powder.
- ½ teaspoon of garlic salt
- 2 tablespoons of olive oil (or vegetable oil)
- 2 tablespoons of lemon juice.
- 1 teaspoon of tomato paste.



1. First wash your hands.
2. Peel the avocados
3. Cut the avocados into small pieces.

Add all the other ingredients.

4. Use a fork to mash and mix all the ingredients together.
5. Serve with nacho chips.