






Guacamole

Item	Amount	Available /Bought
	2 regular (about 3.5 inches/ 9cm long) Avocados	
	1/2 (about 3 ounces/ 80 grams) Tomato on-the-vine¹	
	1/2 small (about 1.5 ounces/ 40 grams) Onion	
	1/2 of a large Red Pepper	
	1/4 cup Cilantro Leaves	

¹ It has a very fresh taste!

Guacamole (continued)

	$\frac{1}{2}$ Lemon	
	1 teaspoon Sea Salt - Fine	
	$\frac{1}{4}$ teaspoon Ground Black Pepper	