

## Guacamole

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

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<sup>1</sup> It has a very fresh taste!

## Guacamole (continued)

	1/2 <b>Lemon</b>	
	1 teaspoon <b>Sea Salt - Fine</b>	
	1/4 teaspoon <b>Ground Black Pepper</b>	