

'What's Cooking!' Recipe Cards

GUACAMOLE DIP WITH PITA

**Food Fact:-**

Because of their density, avocados, like bananas, are filling. But they are also a perfectly digestible slow-burning fuel, making them ideal for replenishing nutrients for athletes.

They're a great source of fruit oil and digestible fats, and they make excellent and healthy dips for raw vegetables. When blended with fruit, they make particularly nutritious baby food.

Preparation time 10 mins

Cooking time 0 mins



GUACAMOLE DIP WITH PITA

Ingredients

1. Lightly toast wholemeal pita bread, when cool, cut into strips
2. Peel 2 small ripe avocados and remove the stone.
3. Then peel and chop one small onion and a small clove of garlic.
4. Mash the avocado in a bowl and then add the other ingredients before adding a tablespoon of lime or lemon juice.
5. Serve in a bowl and try seasoning with cayenne pepper.
6. Dip the pita and enjoy!

Ripe Avocado

Onion

Garlic

Lemon rind & juice

Cayenne pepper (optional)

Pitta bread - to serve

Try chopping and adding a tomato for extra flavour