

# Homemade Guacamole

**Prep Time: 5 minutes | Total Time: 10 minutes | Servings: 8**

Serving Size: 1/4 Cup; Calories 90; Total Fat 8g; Cholesterol 0mg; Sodium 78mg;  
Total Carbohydrate 6g; Protein 1g

## Equipment Needed:

- Bowl
- Fork

## Ingredients:

- 3 medium ripe avocados, peeled and cubed
- 1 clove garlic, minced
- 1/4 to 1/2 teaspoon salt
- 2 medium tomatoes, seeded and chopped, optional
- 1 small onion, finely chopped
- 1 to 2 tablespoons lime juice
- \*Optional\* 1 tablespoon minced fresh cilantro



## Instructions:



1. Using a fork, mash avocados with garlic and salt.



2. Stir in remaining ingredients. Refrigerate leftovers in an airtight container.



**Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#)**

