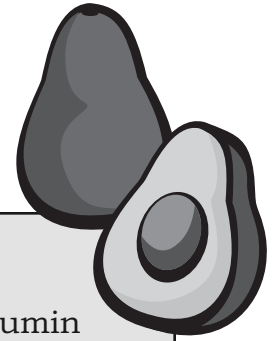


TRY THIS AT HOME:

Great Green Guacamole Dip



You will need:

1/2 cup light mayonnaise
2 ripe avocados, peeled, mashed
(about 1 1/2 cups)
1 tablespoon lime juice
1 to 2 pickled jalapeño peppers,
minced

PREP TIME: 5 minutes

1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon garlic powder
Help from an adult

Make your vegetables more fun with a dip!

1. Mix all the ingredients together in a medium-small bowl.
2. Chill in the refrigerator for 1 hour.

SERVING SIZE: 1 ounce

Fun Fact

Avocados are one of the few vegetables that have fat in them. They are high in monounsaturated fats which are healthy fats. Eating this tasty guacamole dip will add a healthy fat and a small serving of vegetables to your day. Try dipping vegetables, crackers, baked chips or pretzels into the guacamole. Or use the guacamole to top quesadillas and enchiladas.