

# Guacamole Dip with Red Pepper and Cucumber Sticks

## Ingredients:

- 1 large ripe avocado
- 1 clove of garlic
- ½ a lime
- Pinch of salt
- 1 red pepper
- ½ cucumber
- Optional – chopped coriander to serve

## Method

1. Halve the avocado, remove the stone and scoop avocado into a bowl
2. Peel the garlic, chop in half and add to the avocado
3. Squeeze the juice from the lime into the avocado
4. Add a pinch of salt
5. Blend with a hand blender or mash with a fork
6. Chop the pepper and cucumber into sticks

