

THE UN-COOKBOOK

OF

OUR FINAL  
FREEZER

GUACAMOLE

LET'S GET ONE THING STRAIGHT:  
FAT ISN'T THE ENEMY.

SUGAR IS THE ENEMY. WHEN YOU  
OVERCONSUME SUGAR, YOUR BODY  
STORES IT AS FAT. AND YOU'RE  
MORE LIKELY TO OVERCONSUME  
SUGARY FOODS BECAUSE THEY  
DON'T SATIATE YOUR HUNGER.

BUT FAT DOES.

THE KEY IS TO CONSUME *HEALTHY*  
FATS.

AND GUACAMOLE IS FULL OF  
HEALTHY FAT, DIETARY FIBER,  
AND VITAMINS.

DIG IN.



## EQUIPMENT YOU'LL NEED

- \_\_\_ CUTTING BOARD
- \_\_\_ CHEF KNIFE
- \_\_\_ SPOON
- \_\_\_ MIXING BOWL
- \_\_\_ POTATO MASHER OR FORK



## INGREDIENTS YOU'LL NEED

- \_\_\_ 5-6 RIPE MEDIUM AVOCADOES
- \_\_\_ 1 BUNCH OF CILANTRO
- \_\_\_ 1/4 OF A MEDIUM RED ONION
- \_\_\_ 3 TB LIME JUICE (OR MORE, TO TASTE)
- \_\_\_ SALT TO TASTE



## YIELD

YIELDS APPROXIMATELY 8-10 SMALL SERVINGS

## WHAT YOU'LL NEED TO DO

- 1 CUT THE AVOCADOES LENGTHWISE.  
REMOVE THE PITS. SCOOP THE  
AVOCADOES INTO A BOWL.
- 2 ADD LIME JUICE AND SALT.
- 3 MASH THE AVOCADOES WITH LIME  
JUICE AND SALT.
- 4 CUT, SLICE, AND DICE A 1/4 OF A  
MEDIUM RED ONION. ADD IT TO THE  
BOWL.
5. DICE A SMALL BUNCH OF CILANTRO.  
ADD IT TO THE BOWL.
6. MIX UNTIL YOU HAVE A GOOD  
CONSISTENCY OF INGREDIENTS  
THROUGHOUT THE GUACAMOLE.



NOT MIXED ENOUGH YET.



PERFECT.