

# The BEST Guacamole | How to Make this EASY Classic Dip (FULL RECIPE!)

The BEST Guacamole Dip Recipe Makes 4-6 servings

What you'll need...

3-5 ripe avocados \*see notes below

$\frac{3}{4}$  tsp (3.75 mL) sea salt

1 clove garlic, minced

1 green onion, thinly sliced 2-3 tbsp (30-45 mL) fresh lime juice

2-3 tbsp (30-45 mL) chopped cilantro (optional) \*see notes below

What to do...

1. In a large bowl, mash together avocado flesh and sea salt to desired texture. Smooth or chunky? You decide!
2. Add minced garlic, green onion, lime juice and cilantro if using. Mix to combine.
3. See storage notes below

Notes...

- Avocados can vary greatly in size; you're looking for about 2 cups (500 mL) mashed in total.
- Be careful when preparing avocados. NEVER CUT TOWARDS YOUR HAND! Thousands of people are rushed to the ER annually with avocado related injuries. No joke. Don't be afraid of them, just be mindful!

- Cilantro is an acquired taste. Unlike some foods, this is a genetic trait; these people taste soap when eating it. Don't judge! If one family member truly dislikes it, scoop out some guacamole before mixing through the cilantro. If they're a true cilantro hater, they'll taste cross contamination; chop the cilantro last and then get that cutting board out of there!

- There are several ways to keep your guacamole green. The best way I've found is to top it with a halved avocado pit (see the video for splitting technique). Cutting the pit in half seems to work better than just using it intact. Can't explain the science here, which I wish I could, but it works. That's what matters. Transfer your guacamole to a clean container with a tight-fitting lid. Smooth the surface then top with half a pit; or both halves. If you eat some and want to keep the rest; rinse the pit, re-smooth the surface and replace. Other options are covering the surface with a thin layer of cold water or lime juice; then dumping it off and mixing before serving (works great, but looks gross and makes the guac thinner each time you do this) Also covering the surface with a thin layer of lime juice; again works great, but this AND acidifies the guac each time you do this...