



Guacamole

Ingredients:

one ripe avocado
juice of one lime
a third of a tub of Philadelphia cream
cheese with chives
one clove of garlic, crushed

Method:

Cut avocado in half and remove stone.

Scoop out flesh and put in a bowl.

Add cream cheese, crushed garlic and
squeeze in juice of lime.

Use masher to mash to a creamy
consistency.

Put into bowls and use as a dip with
breadsticks, carrot sticks, peppers or
whatever!