



Let's Dip!



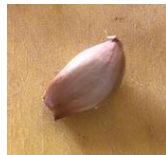
Thursday 21st May 2020

Instead of baking or cooking today we are going to make a dip which is very quick and you can eat it right away 😊

It is called guacamole and it is made with avocado and it's lovely and green!

You will need:

One RIPE avocado, one clove of garlic, the juice of half a lime and either Philadelphia cream cheese or, if you don't have any, crème fraiche.



or



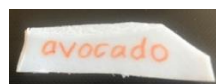
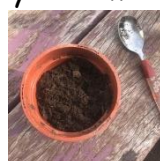
What to do:

Put the avocado in a bowl and mash. Crush garlic and add. Squeeze juice of half a lime over and add 1/3 tub of cream cheese or crème fraiche. Mix well.

You can choose anything you like to dip in your guacamole. I stuck with green and used cucumber.



Why not plant your avocado stone and see if it starts to grow. Make a little plant label from a recycled milk carton. Can you copy the name?



If you're not keen on avocado try making a different dip like hummus. The ingredients are very similar 😊

You will need:

One 400g tin of chickpeas, one clove of garlic, the juice of half a lemon, olive oil



What to do:

Drain the chickpeas and put in a bowl or blender.

Whizz them till they're like a paste.

Add the crushed garlic, a good squeeze of lemon juice and a tablespoonful of olive oil. Add salt to taste or a little cumin if you like that. Mix well.

Choose something to dip in it and enjoy!

Did you know guacamole came from Mexico originally?

Here is a little song called "The Mexican Hat Dance" which you could listen to while you prepare your dips. It's very fast! Have fun 😊

<https://www.youtube.com/watch?v=TN9pi-FX8uI>