

# GUACAMOLE AND TORTILLA CRISPS

RECIPE BY CLEAN PLATE  
SERVES 12



## INGREDIENTS- GUACAMOLE

- 2 each Avocado
- 1 each Tomatoes, de-seeded and diced
- ½ each Lime or Lemon (juice only)
- 1 tsp Salt (optional)

## INGREDIENTS- TORTILLA CRISPS

- 6 each Mini tortillas, cut into 6 triangles
- 1 tsp Ground cumin
- Cooking oil spray

## METHOD- GUACAMOLE

1. Chop up the avocados into small chunks.
2. Remove the seeds from the tomato and chop into small pieces as well. The children might require some help with this step.
3. Place the diced avocado and tomato into a bowl and squeeze in the lime (or lemon) juice.
4. Mash away! Add the pinch of salt, if using it, stir and serve with the tortilla crisps and vegetable sticks.

## METHOD- TORTILLA CRISPS

1. Pre-heat the oven to 200°C.
2. Place the triangle cut tortillas onto a baking tray lightly sprayed with cooking oil.
3. Lightly spray the tops as well, sprinkle with ground cumin.
4. Bake in a preheated oven for 5 minutes or until lightly golden and crisp.

