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# Elmo's Gargantuan Guacamole



Prep Time: 10 min



Cook Time:



Makes: 2-4 servings

# Ingredients:

- 2 avocados, pitted, mashed
- ¾ cups (6 oz.) low-fat cream cheese (softened) or plain yogurt
- 2 tomatoes, diced
- 1 tbs. lemon or lime juice
- Garlic salt to taste

This dip has huge flavor! Serve it up with colorfully sliced veggies or baked chips for a tasty appetizer or a satisfying afternoon snack.

# Directions:

### Step 1: Things You'll Need

Gather these ingredients to make Elmo's Gargantuan Guacamole Dip.

### **Step 2: Avocado Action**

Guacamole wouldn't be guacamole without avocado! Slice open two avocados long ways. Remove the pits. Scoop out the fleshy part of the fruit into a bowl and start mashing with a fork or potato masher.

Little Hands Tip: Let your child help scoop and mash the avocados. Start by counting the number of avocados – one, two! Two avocados all together, which means you have a pair! Explain that a pair is when you have two of the same thing. What other things can your child think of that come in pairs.



#### Step 3: Creamy and Delicious

Add ¾ cup of low-fat softened cream cheese or yogurt to the avocado and mix together.

Little Hands Tip: Let your child help measure out the cream cheese or yogurt with a large spoon. Show her the lines on the measuring cup and ask her which one is marked with "3/4" which is almost 1 cup. Together, count how many spoonfuls it takes to fill the cup to 3/4 line.

#### Step 4: Add Flavor

Add 1 tablespoon of lemon or lime juice and a dash of garlic salt to taste.

Little Hands Tip: Show your child the measuring spoons. Encourage your child to place them in order from smallest to biggest. Ask: Which spoon is the smallest? Which one is the biggest? Explain that the biggest one is the tablespoon! After you've measured out one tablespoon, let your child add it to the mix.

#### **Step 5: Tomato Time**

Dice two tomatoes into small cubes. Fold them into your mixture.

Little Hands Tip: Ask your child to make sure you have a pair of tomatoes by counting them out loud. If you took one tomato away, how many would there be? If you added a tomato, how many would there be then? After you dice the tomatoes, let your child add it to the dip.

# Step 6: Flip for the Dip!

Dig into your dip with celery sticks, baby carrots, sliced cucumbers, or baked tortilla chips. While you eat, ask your child what other kinds of foods she'd like to try. Together, imagine what kinds of recipes you might make with those foods. Pineapple cupcakes? Eggplant empanadas? Sweet potato ravioli? Get creative!