



## Guac Attack!

ILUVGUAC

**Developed** 12/12/2014  
**Effective** 12/13/2014

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**Supersedes** The Taco

**Target Time** 15 minutes**Updated** 12/13/2014**Pre-Checks**

Make sure you have a ripe hass avacado... it should be black/purple and soft.

**Tools and Materials Required**

Quantity	Description	Step
1	Small glass bowl	1.1
1	Spoon	
1	Potato Masher	

**Key Reminders**

Don't cut yourself! Avacados can be tricky.

**Icon Legend**

Exclamation Mark



Hair Net



Skull and Crossbones

**Steps**

1. Cut the avacado in half, long ways.

1.1 Then take a spoon and remove the giant seed.



2. Take the spoon and dig around the skin, removing the goey goodness.

3. Dice up 1/4 cup of white onion.

3.1 Add it to your bowl.

4. Take a teaspoon of sour cream and add it to the mix.

5. Squirt half a lime into the mixture.

5.1 Take a potato masher and mash like the dickens.

6. Salt! salt. salt. salt. Every body salt!

7. Put your bowl in the fridge until chilled.

**Visual Support**

Avacadoes 1.1, 3.1

**Supplemental Information**

Finished Guacamole

