



Holiday Guacamole



Gather your **INGREDIENTS** and follow the **DIRECTIONS!**



INGREDIENTS



AVOCADOS

1-2 Ripe Avocados

POMEGRANATE SEEDS

1/4 Cup of Pomegranate Seeds

LEMON OR LIME JUICE

1 Lemon or Lime for Juicing

SALT OR GARLIC SALT

1/4 tsp of Salt or Garlic Salt



Messy (and delicious) Pomegranate Seeds:

1. Removing the seeds from a pomegranate can be messy, and you may want to ask an adult for assistance.
2. It helps to cut the pomegranate in quarters and remove the seeds in a bowl to contain juices that squirt from the seeds.
3. In the bowl of water, separate the seeds from the pulp. Pomegranate seeds tend to sink, and the pulp floats, making it easy to scoop out.
4. Strain out the water, and your seeds are ready to eat as is or to be included in yogurt, salads, or Holiday Guacamole!





DIRECTIONS



1. Cut the Avocados into halves.
2. Remove the seeds (pits), and scoop out the pulp into a small bowl.
3. Using a fork, mash the Avocado pulp to your desired consistency. (Some people prefer a chunky style, while others like it smooth.)
4. Squeeze some fresh Lemon or Lime Juice into the bowl.
5. Add your Salt or Garlic Salt.
6. Set aside a handful of Pomegranate Seeds to sprinkle on top at the end. Gently blend in the remaining Pomegranate Seeds.
7. Mix all of the ingredients.
8. Sprinkle the remaining Pomegranate Seeds on top of the Guacamole for a festive "pop" of color and flavor.
9. Enjoy immediately. Serve with tortilla chips or as a spread on toasted bread.

