

# TINY C

## GUACAMOLE WITH CHANTENAY DIPPERS

**SERVES: 2**

**PREPARATION TIME: 5-10 MINUTES**

**YOU'LL NEED:**

**1 RIPE AVOCADO, CUT IN HALF & THE  
STONE REMOVED**

**CLOVE GARLIC, CRUSHED**

**2 TSP SOUR CREAM OR CRÈME**

**FRAÎCHE**

**JUICE OF HALF A LIME**

**TO SERVE:**

**WASHED CHANTENAY CARROTS**

**WHAT TO DO:**

**WITH A LITTLE HELP FROM A GROWNUP,  
SCOOP THE AVOCADO FROM THE SKIN  
AND PUT IT ONTO A PLATE. MASH IT  
UP WITH A FORK UNTIL YOU HAVE A  
PASTE.**

**PUT THE MASHED AVOCADO IN A BOWL  
WITH THE CRUSHED GARLIC AND THE SOUR  
CREAM, LIME JUICE AND MIX REALLY  
WELL WITH A SPOON.**

**GET DIPPING WITH YOUR  
CHANTENAY CARROTS**



**THIS RECIPE IS SO EASY  
I MAKE IT ALL THE TIME.  
CREAMY AVOCADO, A BIT  
OF GARLIC AND A ZESTY  
KICK OF LIME MAKES A  
FANTASTIC GUACAMOLE**



**CHANTENAY.CO.UK**