

Easy *Guacamole*

Ingredients

- 3 avocados, flesh diced
- 1 brown onion, roughly chopped
- 1-2 teaspoons lemon juice
- 1-2 teaspoons crushed garlic
- salt and pepper to taste
- 1 teaspoon ground cumin (optional)
- 1/2 teaspoon chilli flakes (optional)

Method

1. Place all ingredients in the bowl of a food processor or blender.
2. Process on high until smooth and combined, adjust seasonings to taste
3. Chill for 1 hour before serving for best flavour