

## Baby Guacamole

YIELD: 4 Servings  
8 MONTHS PLUS  
A 120-SECOND RECIPE

### Ingredients:

1 each avocado, nice and ripe but not all brown  
1/3 each lime  
1 tablespoon cilantro, chopped well  
1 tablespoon red or yellow onion, minced

### Directions:

- Remove the pit from the avocado and scoop out the flesh from the peel.
- Place on a cutting board and squeeze the juice from the lime onto the avocado.
- Sprinkle avocado with cilantro and onion.
- Mash with the back of a fork until completely smooth and creamy.