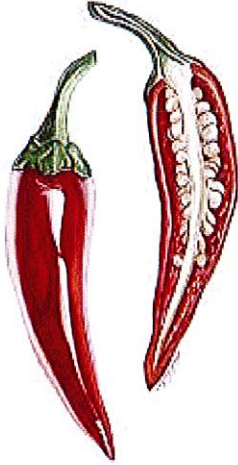




Avocado three ways



- Two avocados, sliced, pitted, mashed
- Three spoonfuls of olive oil
- Half a chili, minced finely
- Salt and pepper to taste.

- Two avocados, sliced, pitted, mashed
- Handful of cilantro, minced
- Half an onion, diced finely
- One spoonful of olive oil
- Salt and pepper to taste.
- Two limes, squeezed.



- Two avocados, sliced, pitted, mashed
- One tomato, diced finely
- Half an onion, finely diced
- Tabasco, to taste.
- Henderson's Relish, to taste
- Salt and Pepper, to taste

From Piber ☺