



# Guacamole

By: Ella



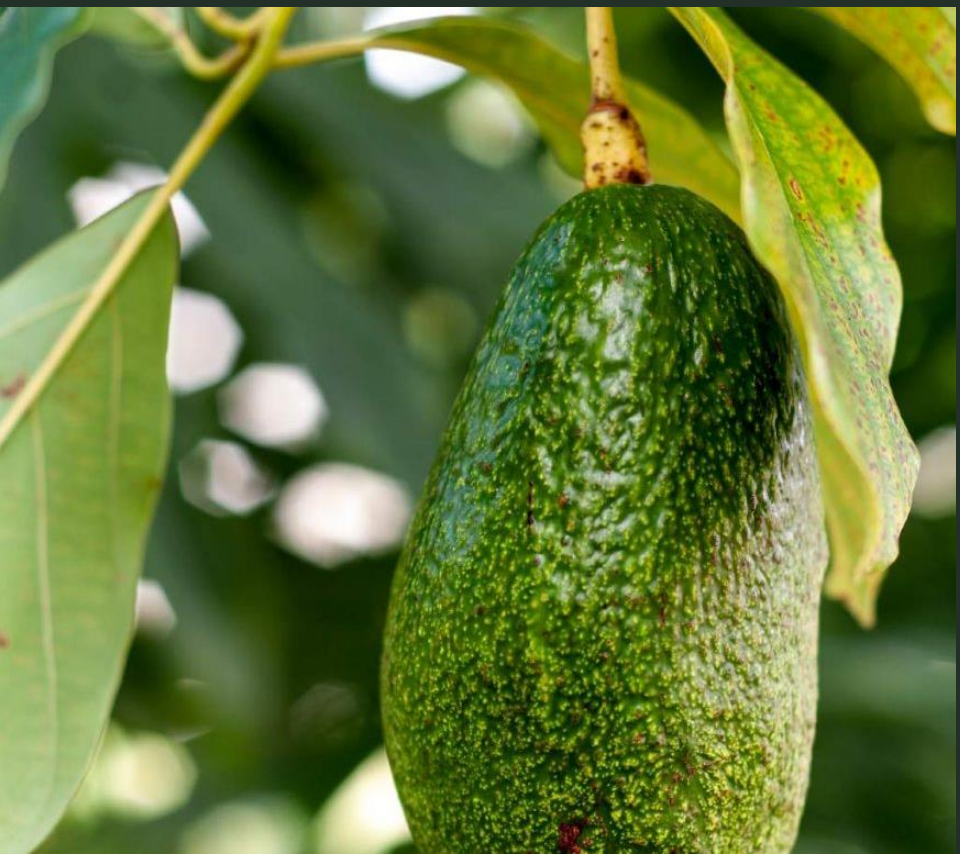


## *When it was first invented*

- *Guacamole was invented in the 1500s by the Aztecs of Central America: origin.*



# The history



- The history of this tasty treat treat but the Aztec Empire in Central America during the 1500s. Avocados were a favorite fruit in the area, and the Aztecs loved their “ahuaca-mulli” or avocado-mixture. The Spaniards also loved this treat, but could not pronounce the name correctly.

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# What you can put in guacamole



- Avocados
- Onion
- Or red onion
- Lemon juice
- Jalapeno
- Salt
- Cilantro
- Tomatoes
- Mangos



# What you can eat it with

- Tortilla
- Chip-n-dip
- Rice
- Bean
- Chicken
- Tacos
- Nachos
- Bread
- Burgers
- And more





# Fun facts

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- Guacamole has been linked to improving heart, skin, and hair health, as well as contributing to weight loss, cancer prevention, and a stronger immune and digestive system.
- Guacamole turns brown when exposed to air.
- In the early 20<sup>th</sup> century, guacamole was called “alligator pear” because of its bumpy skin.
- You can use avocados for a face mask.



*The end*

The image features three overlapping teal-colored rectangular shapes, each tilted at a different angle. The text "Any questions?" is written in a large, white, sans-serif font across the center of these shapes. The background is a solid light gray.

Any questions?