



Guacamole

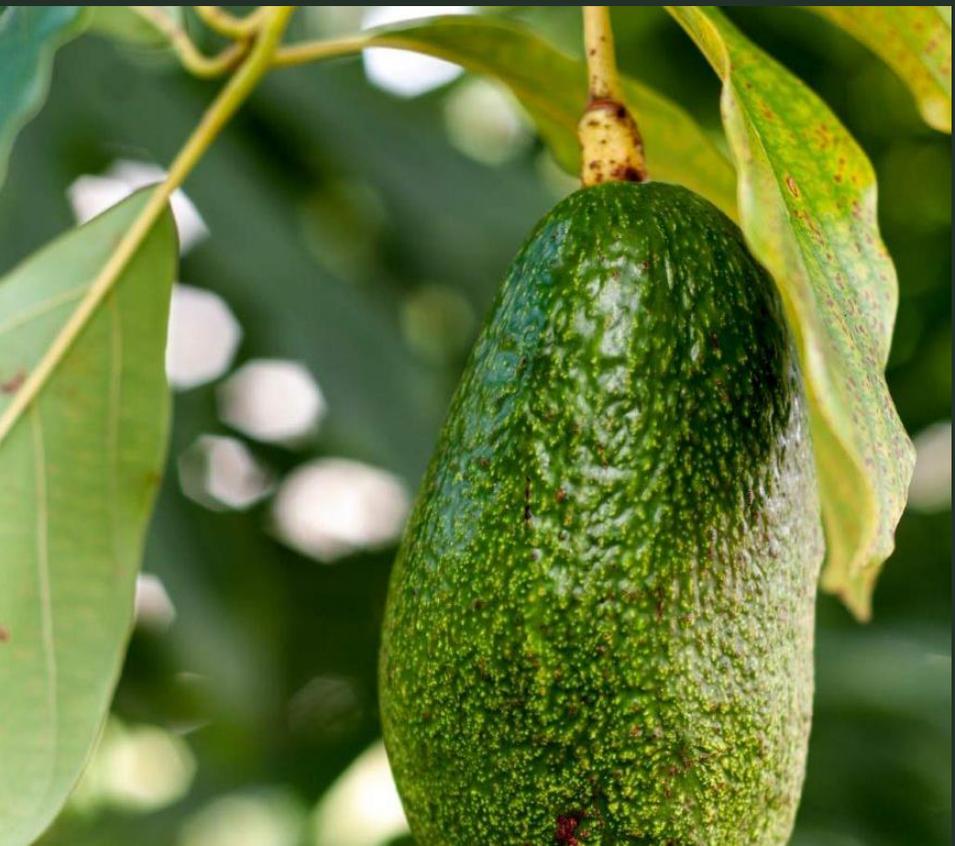
By: Ella



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.

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

- 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 20th 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 speech bubbles of varying shades, arranged horizontally. The background is a solid dark teal color. The text "Any questions?" is written in a white, sans-serif font across the bubbles. The first bubble on the left contains the word "Any", the middle bubble contains "questions?", and the rightmost bubble is empty.

Any questions?