

## Lynn's Recipes Cooking Tip # 05 -- How to Prepare an Avocado for Dips by Lynn's Recipes

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*[Click on the above picture to watch the video of this tip.](#)*

This is how I prepare avocados for dips. It is a very easy method that can be used for smooth or chunky recipes

Slice your avocado in half and twist apart. Carefully stab the avocado pit with a knife and twist it out of the avocado. If you are making a smooth dip, use a spoon, regular or a grapefruit spoon with serrated edges, to slide between the skin and flesh of the avocado. It will come out in one piece and you are ready to use it in the food processor, blender or to just mash with a fork. If your recipe requires chunks of avocado, take a paring knife and score the flesh one way then the other way and slide your spoon between the skin and flesh and it will then come out in chunks. Drizzle some citrus, such as lime juice, over the avocado to prevent it from turning brown.

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