

Tex Mex Dip

An easy snack to make and share with your family

Time to complete: 30 min.

Age Group: 10+ yrs.

Ingredients:

- 1 can of refried beans
- 3 ripe avocados
- 2-3 teaspoons of lemon juice
- Salt and pepper to taste
- 9 oz container of sour cream or greek yogurt
- ½ cup of mayonnaise
- 1 package oh taco seasoning mix
- Sliced black olives and green onions
- Chopped tomatoes and red peppers
- Grated cheese
- Nachos or pita



Steps:

1. Spread refried beans on a medium-sized platter or pie plate.
2. Slice avocados, remove the inside stone. Mash the avocados.
3. Add lemon juice and salt and pepper to taste.
4. Spread over the beans.
5. Mix together the sour cream, mayo and taco seasoning mix. Spread over the avocados - this is the next layer.
6. Sprinkle the black olives, green onions, chopped tomatoes, red peppers and cheese on top.
7. Enjoy with nachos or pitas 😊