

## Froggy Recipes

### Frog Guacamole

Turn a tadpole avocado into frog guacamole!

#### What you'll need:

- 1 ripe avocado
- 2 tablespoons cream cheese
- Squeeze of lemon juice
- Salt and black pepper
- 1 cucumber
- 1 hard-boiled egg
- 2 tablespoons finely chopped onion (optional)
- 1 tablespoon finely chopped red pepper (optional)
- 1 tablespoon snipped chives (optional)
- Capers (optional)



#### What to Do - Tadpole:

1. Cut the avocado in half, remove the stone, and carefully scoop out the flesh making sure it retains its shape.
2. Use one half of the avocado for the tadpole and put the other aside with the shells to create the frog.
3. Cut the half of the avocado so that the head piece is about 1/4 of the avocado. Place the head piece next to the body piece on a plate with the pointed end sticking up (see photo).
4. Add a cucumber tail, red pepper (or pimento) smile, and hard-boiled egg eyes with capers in the middle. If you have difficulty making the smile and eyes stick use a little bit of mashed up avocado as glue.

#### What to Do - Frog:

1. Now that you have made the tadpole, it's time for him to grow into a frog. Take the unused half of the avocado and mash it up with the cream cheese, lemon juice, salt and pepper. (If you want it to be a little more flavorful, add the onion, red pepper and chives.)
2. Place the dip back into one of the avocado shells and put it on a plate.
3. Add cucumber legs, red pepper (or pimento) smile, and hard-boiled egg eyes with capers in the middle.
4. Serve up your froggie dishes with tortilla chips, bread or crackers.



Recipes courtesy of National Wildlife Federation.