

CREAMY AVOCADO CILANTRO DRESSING



This zesty and versatile dressing is great over a salad or served as a dip for veggies or on top of roasted chicken. I hope you love this flavourful and healthy dressing as much as I did!

Ingredients:

- 1/2 and avocado
- 1/4 cup greek yogurt
- 1/2 cup water
- 1 cup cilantro leaves and stems
- 1 small clove garlic
- 1/2 tsp. salt
- a squeeze of lime

Directions

1. Pulse all ingredients in a food processor or blender until smooth. Enjoy!

Nutrition Facts Per Serving: Serves 3

65 calories; 4.7g total fat; 402.1mg sodium; 4.3g carbohydrates; 1.8g fibre; 1.2g sugar; 2.8g protein