

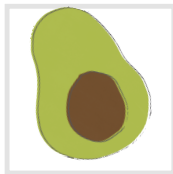


avocado ranch dip

Your new favorite ranch dressing.

PREP TIME : 5 mins | COOK TIME : 2 mins | SERVINGS : 4

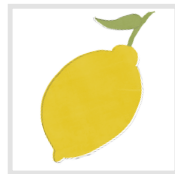
WHAT YOU NEED:



1 large avocado,
peeled, cut in half
& seeded



1/4 cup plain
nonfat Greek
yogurt



2 teaspoons
lemon juice



1 small clove
of garlic



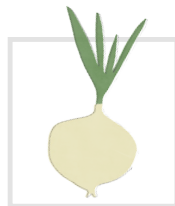
1/2 teaspoon
fresh or dried dill



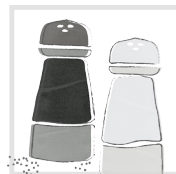
1/2 teaspoon
fresh or dried
parsley



1 teaspoon
white vinegar



1/2 teaspoon
dried chives &
dried onion



1/8 teaspoon
salt & black
pepper



1/2 cup lowfat
(1%) milk

INSTRUCTIONS

- 1 In a food processor, combine avocado, yogurt, lemon juice, garlic, vinegar, parsley, dill, chives, onion, salt and pepper; pulse in short spurts until semi-smooth.
- 2 Gradually add milk until creamy.
- 3 Chill before serving.

