

# CREAMY AVOCADO RANCH DRESSING AND DIP

- 1 large Avocado skin removed, halved, and seeded
- 1/4 cup Plain Nonfat Greek Yogurt
- 2 Tbsp Mayonnaise optional
- 2 tsp Lemon Juice
- 1 clove Garlic finely grated
- 1 tsp White Vinegar
- 1/2 tsp dried Parsley
- 1/2 tsp dried Dill
- 1/2 tsp dried Chives
- 1/2 tsp dried Onion
- 1/8 tsp Kosher Salt
- Black Pepper to taste
- 1/2 cup 1% Milk or butter milk

## INSTRUCTIONS

0. In a food processor or high speed blender, combine AVOCADO, YOGURT, MAYONNAISE (optional), LEMON JUICE, GARLIC, VINEGAR, PARSLEY, DILL, CHIVES, ONION, SALT, and PEPPER; pulse in short spurts until combined.

1. Add small amounts of MILK until desired consistency is reached; cover and refrigerate.
2. Serve chilled; eat within 3-5 days.

0. If you want to use fresh herbs, simply double the dry amounts listed. You can even triple them if you like.

1. If you don't want to use mayo, simply substitute an equal amount of nonfat Greek yogurt.

Yield: 12 oz    **Calories** 103Calories

Serving size: 2oz

## Nutrition Facts