



Creamy Avocado Dressing

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

Nutrition Information Per Serving

106.8 calories, 2.86 g carbohydrate, 1.83 g fiber, 1.03 g NET carbs, 0.75 g protein, 10.85 g fat

Ingredients

- 1/2 medium(s) avocado
- 1/2 Tbsp(s) dried tarragon
- 1 Tbsp lemon juice
- 2 Tbsp(s) extra virgin olive oil
- 1 tsp mustard powder
- 1 clove garlic, minced
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper

Preparation

1. In a food processor or Magic Bullet, add the avocado, tarragon, lemon juice, olive oil, mustard and garlic.
2. Blend well to a creamy consistency. If dressing is too thick, add water by teaspoon to reach desired consistency.
3. Season with salt and pepper.

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