



Adventist[®]
HealthyYOU
JOY OF EATING

<https://nadhealth.org>



Avocado Salad Dressing

By Donna Green Goodm

Ingredients

- 1 medium, ripe avocado, peeled and sliced
- Juice of one lemon and/or lime (depending on your preference, I use both)
- ½- 1 cup water or more to desired consistency
- Honey and salt to taste, optional

Instructions

1. In a blender, place the peeled and sliced avocado.
2. Add lemon and lime juices and water to make it thick but pourable.
3. Add optional honey and salt to taste.
4. Serve immediately. (Color darkens, longer it sits).

Bonus Tips

Variation: Add ½ small cucumber, 1 handful fresh basil, 1 small container plain, non-dairy yogurt, 2-3 cloves garlic, water to desired consistency.