

Enjoy a My Life is a Journey Recipe

Avocado Dressing Recipe

Ingredients

- 2 small ripe organic avocados
- 1/4 cup olive oil (or avocado oil)
- ¼ cup fresh cilantro
- clove of garlic
- juice from 1 lemon
- tablespoons apple cider vinegar
- 1/3 cup water
- 1 tbs organic agave
- If you like it a little spicy add a jalapeño



Preparation

Add all of the ingredients to a blender or food processor. Blend until creamy. If you would like a thinner consistency add more water.

Store in an air tight container or jar in the fridge.

Life
is a
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