

AVOCADO CILANTRO DRESSING

~BY GROWING UPTOWN

SERVINGS
6 ensaladas

TOTAL TIME
10 Minutes

INGREDIENTS

- 1/2 avocado (about 6 tablespoons)
- 3 tablespoons lime juice
- 3/4 cup water
- 1 tablespoon olive oil (optional)
- 1 cup fresh cilantro, loosely packed
- 1 clove garlic, minced
- 1 teaspoon maple syrup
- 1/2 teaspoon fine sea salt
- black pepper, to taste

DIRECTIONS

- Combine all of the ingredients in a high-speed blender and blend until smooth. Adjust any seasoning to taste, then store it in the fridge until ready to use.
- Leftover dressing can be stored in an airtight container in the fridge for up to 4 days.
- If you're on an oil-free diet, feel free to omit the tablespoon of olive oil. I think it helps to emulsify the dressing nicely, but it still has plenty of creaminess and healthy fat without it.
- If you'd like a more tangy flavor, I'd try adding 1 to 2 teaspoons of apple cider vinegar, as I think that often balances dressings made of lemon or lime juice.
- If you don't love cilantro, feel free to use fresh parsley or basil. You definitely won't need to use a full cup of fresh basil, so just add it to taste.
- As always, if you make a substitution, please leave a comment below letting us know what worked for you so we can all benefit from your experience.

