Hot Wings with Blue Cheese Avocado Dip

2 lbs Buffalo chicken wings, cooked

Wing Dip:

1 avocado, mashed or finely diced

1 cup sour cream

½ cup mayonnaise

1 lemon, juiced

1 Tbsp vinegar

1 Tbsp hot sauce

¼ cup Italian parsley or cilantro, finely chopped

1 tsp shallots, minced

1 clove garlic, minced

¼ lb blue cheese, crumbled (or ¼-1/3 cup blue cheese salad dressing)

¼ tsp salt

Combine all dip ingredients until well incorporated.

Serve with hot and crispy wings.