



Avocado Cream

Servings : 6

Equipment:

Knife, cutting board, food processor/blender, spatula or mixing spoon, measuring cups, measuring spoons, serving bowl or storage container

Ingredients:

- 1 medium avocado
- 1/3 cup reduced-fat sour cream
- juice of 1 lime
- 1 jalapeño
- 2 Tbsp cilantro, chopped
- 1 garlic clove
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/4 cup cold water

Preparation:

1. Combine all ingredients except for water into a food processor or blender. Blend and add enough of the water gradually until smooth and creamy texture results to your liking. You may not need the full 1/4 cup of water.
2. Serve as a dip or as a topping for tacos, burritos, or salads. Enjoy!

Storage Tip:

Stores well in a container or glass jar in the refrigerator.

Nutrition Facts per serving:

Calories 75.1

Total Fat 6.5g (8%)
Saturated Fat 1.7 g (9%)
Trans Fat 0g
Cholesterol 5.2mg (2%)
Sodium 64.3mg (3%)
Total Carbohydrate 4.4g (2%)
Dietary Fiber 2.4g (8%)
Total Sugars 0.5g
Added Sugars (0%)
Protein 1.2g
Vitamin D 0mcg (0%)
Calcium 20.8mg (2%)
Iron 0.2mg (1%)
Potassium 198mg (4%)

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