

## Avocado Dressing

**Prep Time:** 10 Minutes

**Total:** 10 Minutes

**Servings:** 12

**Yield:** 1 ½ Cups



### Nutrition Facts

**Per Serving:** 77 calories; protein 0.9g; carbohydrates 2.7g; fat 7.3g; cholesterol 0.6mg; sodium 157.7mg.

### Ingredients

- 1 avocado, peeled and pitted
- ½ cup plain yogurt
- ¼ cup extra – virgin olive oil
- 3 tablespoons lemon juice
- 2 cloves garlic
- 1 tsp sea salt
- ¼ tsp hot pepper sauce
- 1/8 tsp ground black pepper

### Directions

- Blend avocado, yogurt, olive oil, lemon juice, garlic, sea salt, hot sauce, and black pepper together in a blender until smooth.

**Cook's Notes:** Canola oil can replace the olive oil, if desired.