

HEART-HEALTHY AVOCADO RANCH DRESSING

lightly adapted from eatingbirdfood.com

Yield: about 3/4 cup

Prep Time: 5 - 10 minutes

Cook Time: 0 minutes

Storage: best fresh; refrigerate up to 1 - 2 days



Ingredients

- 1 medium-ripe avocado, peeled and pitted
- 1/2 cup unsweetened almond milk, use more for thinner consistency
- 2 - 3 tablespoons lemon juice, to taste
- 1 1/2 tablespoons extra virgin olive oil
- 1 small clove of garlic
- 1 teaspoon garlic powder
- 1 1/2 teaspoons onion powder
- 1 teaspoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon dijon or stone-ground mustard
- 1 teaspoon maple syrup, or to taste
- 1/2 teaspoon ground pepper, or to taste
- 1/2 teaspoon sea salt, or to taste
- optional: 2 tablespoons fresh herbs (parsley, basil, or chives)

Directions

1. Place all ingredients in a blender and process until smooth and creamy. If the dressing looks too thick, add more almond milk to help thin it out.
2. Taste and adjust seasonings to your liking. Use over salads, or keep it on the thicker side for a tasty dip with vegetables. Store leftovers in an airtight container.