



Cooking with Chef Steph

Creamy Avocado Dressing

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Ingredients

- 1 Avocado
- ½ cup sour cream or Greek yogurt
- 2 cloves garlic, pressed or minced
- ½ tsp. salt
- 2 Tbls. cilantro or scallions, minced
- 1-2 Tbls. lime juice

Directions

1. Combine all ingredients into a blender or food processor. Blend until smooth.

NOTE: If the dressing is too thick add a little bit more lime juice, water or milk to loosen the dressing. Only add a teaspoon at a time to ensure the dressing does not become too runny.