

# AVOCADO CILANTRO SAUCE

Servings: 1 cup | Prep Time: 60 seconds | Ingredients: 8

## Ingredients:

- half an avocado
- 1/4 cup organic Greek yogurt (sub with oat milk or coconut milk if you're dairy-free)
- 1/2 cup water (more as needed to adjust consistency)
- 1 cup cilantro leaves
- 1 small clove of garlic
- 1/2 teaspoon salt
- a big squeeze of juice from a lime
- a tablespoon of chopped fresh jalapeño if you're feeling it

## Directions:

Throw all your ingredients into a food processor or blender and blend until smooth. You may need to stop the blender and stir things around a bit to keep them moving. This dressing only keeps for a day or two in the fridge since avocado is a mercurial one, so ideally you should eat this right away.

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