

Avocado Dressing

Prep time: 15 minutes

1 ripe avocado
¼ cup cilantro
½ lemon juiced
½ seeded jalapeno (optional)
1 tablespoon EVOO
¼ cup of Greek yogurt
¼ teaspoon of cumin
Salt and pepper to taste

Place all ingredients in blender and blend until smooth. Add one tablespoon of water until desired consistency achieved. About 3 tablespoons in total.