



Avocado Ranch Dressing

Recipe from: *Eatingbirdfood.com*



Ingredients



- 1 medium avocado
 - 1/2 cup low fat milk (can use unsweetened non-dairy milk)
 - 1 Tbsp. lemon juice
 - 1 tsp. garlic powder
 - 1 tsp. onion powder
 - 1 tsp. Dried parsley
 - 1 tsp. dried dill
 - 1 tsp. dijon mustard
 - 1 tsp. maple syrup or other sweetener
 - 1/2 tsp. ground pepper
 - 1/2 tsp. salt
- Yield: 8 servings
Serving Size: 2 Tbsp



Directions



1. Place all ingredients in a high-powered blender and process until smooth and creamy. Add more milk if necessary to reach desired consistency.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Try as a dressing or dip!

Nutrition Facts



Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 1g	2%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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