

Avocado Ranch Dressing

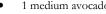


Recipe from: Eatingbirdfood.com

Ingredients



•	1	medium	avocado



1/2 cup low fat milk non-dairy milk)

(can use unsweetened

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



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

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Directions 1



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Fast Facts





Nutrition Facts



Featured Food Groups

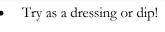








Cooking Tips ≥



Serving size	2 Tablespoon
Amount Per Serving	
Calories	40
	% Daily Value
Total Fat 3g	40
Saturated Fat 0g	00
Trans Fat 0g	
Cholesterol 0mg	00
Sodium 170mg	79
Total Carbohydrate 3g	g 1 9
Dietary Fiber 1g	49
Total Sugars 1g	
Includes 1g Adde	ed Sugars 29
Protein 1g	29
Includes 1g Adde	·

Second Harvest is an equal opportunity provider.



Fast Facts





Featured Food Groups









Cooking Tips

Try as a dressing or dip!

Nutrition Facts



	ntainer
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 3	3g 1 %
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Add	ed Sugars 2%
	2%