



Avocado Tahini Dressing



Ingredients



- 1 medium avocado
- 1/4 cup tahini/peanut butter
- 2 Tbsp. lemon juice
- 1 cup water
- 1 tsp. dried dill
- 1 tsp. dried chives/onion powder
- 1 tsp. minced garlic (optional)
- 1/2 tsp. salt
- 1/2 tsp. pepper



Directions



Yield: 8 servings **Serving size:** 1/4 cup **Total cost:** \$2.45 **Serving cost:** \$0.30

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

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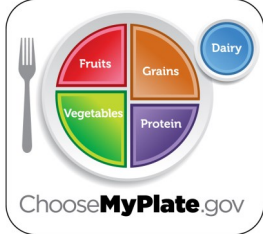

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Fast Facts



Featured Food Groups

Cooking Tips



- Add less water to make a thicker dip.
- Try replacing dried dill/chives with and herbs you prefer.

Nutrition Facts	
8 servings per container	
Serving size	1/4 cup
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.9g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.9mg	4%
Potassium 141mg	4%
*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.	

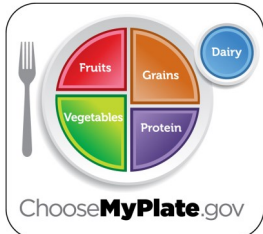

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