

Avocado Salad Dressing and Spread

Makes 1 cup

Ingredients

- 1 whole large avocado
- 1 clove garlic, peeled
- 1 Tbsp. fresh lemon juice
- 3 Tbsp olive oil or avocado oil
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/4-1/2 cup water for thinning
- Chopped fresh herbs-optional

Instructions

Place all ingredients, except the avocado oil, in the bowl of a food processor and pulse until smooth and creamy.

Stream the avocado oil into the food processor until completely blended.

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