Cilantro Lime Avocado Crema
(Low Protein)

Use this bright, creamy sauce as a topping for your tacos and bowls. It can also be used as a salad dressing or sandwich spread!

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

YIELD	PREP TIME	TOTAL TIME
13 SERVINGS	5 MIN	10 MIN

	Simplified Diet Protein
Serving	0.3g
Recipe	4.23g

INGREDIENTS

1 each	Avocado, medium
¼ cup	So Delicious Unsweetened Coconut Yogurt
¼ cup	Water
1 clove	Garlic, roughly chopped
2 Tbsp	Cilantro, fresh
½ each	Lime, zested and juiced
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground

CHEF'S NOTES

Serving size: 2 Tbsp

Avocados are full of heart-healthy monounsaturated fat, but did you know they are also a great source of fiber? Fiber keeps you feeling full, helps to reduce cholesterol and control blood sugar, and aids with digestive tract regularity.

Note: There are many non-dairy yogurt options, availability varies by region and store. You can substitute the So Delicious product but be sure to note the protein content of the alternative product!

DIRECTIONS

1. Gather all necessary equipment and ingredients.

2. Combine all ingredients in a smoothie-sized blender. Start the blender on low and gradually increase to high speed. Blend until smooth and creamy. Add more water as needed to reach the desired consistency.

3. Use immediately or cover tightly and store in the refrigerator for 3 days.

Nutrition Facts Found on the Reverse Side **07.16.26**

Nutrition Facts

13 servings per container

Serving size **2 Tbsp (29g)**

Amount Per Serving

Calories **35**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	**0%**
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 90mg	2%

* 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.