

Cilantro Lime Avocado Crema



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!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1 each	Avocado, medium
¼ cup	Greek Yogurt, plain, nonfat
1 clove	Garlic, roughly chopped
½ each	Jalapeno, roughly chopped (optional)
½ bunch	Cilantro, fresh
1 each	Lime, zested and juiced
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground
¼ cup	Water

CHEF'S NOTES

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.

To make this sauce vegan friendly, simply omit the yogurt or replace it with a mixture of ¼ cup cashews soaked in ¼ cup hot water for about 10 minutes.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in a large pitcher 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 store in the refrigerator for 3 days.

Nutrition Facts

8 servings per container

Serving size 2 Tbsp (53g)

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.1mg 0%

Potassium 160mg 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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