



### **Avocado Shallot Dressing**

1 ½ tsp chopped shallot  
1 tsp Dijon mustard  
3 Tb lemon juice  
½ tsp Celtic Sea Salt  
1 avocado mashed  
¼ - ½ cup water as needed  
Pinch of cayenne

- Put everything into a blender.
- Start blending adding enough water to make it smooth.
- Use within 2-3 a days as the avocado does not hold too long.