



Avocado Shallot Dressing

This dressing uses avocado as the fat instead of oil. The creamy luxurious texture of the avocado as well as the fat make the avocado appealing and satisfying. Avocados keep you full without adding huge amounts of calories. Most of the fat in an avocado is monounsaturated -- the "good" kind that actually lowers cholesterol levels. Mono-saturated fats help lower blood pressure and keep receptors in the brain sensitive to mood enhancing serotonin.

Avocadoes provide all 18 essential amino acids necessary for the body to form a complete protein. Unlike the protein in steak, which is difficult for most people to digest, avocado protein is readily absorbed by the body.

Yield: $\frac{3}{4}$ cup

1 $\frac{1}{2}$ tsp chopped shallot
1 tsp Dijon mustard
3 Tb lemon juice
 $\frac{1}{2}$ tsp Celtic Sea Salt
1 avocado mashed
 $\frac{1}{4}$ - $\frac{1}{2}$ cup water as needed
Pinch of cayenne

- Put everything into a blender except the water.
- Start blending adding enough water to make it smooth.

- Use within 2-3 a days as the avocado does not hold too long.