

Creamy Avocado Cilantro Dressing

Makes 1 1/2 cups

1 avocado (about 1 cup)
2 Tb olive oil
2 Tb apple cider vinegar
2 Tb lemon juice
1 cup cucumber, peeled seeded and chopped
1/4 tsp Celtic sea salt, or to taste
1/4 cup chopped fresh cilantro.
2 Tb water

- Blend all the ingredients until smooth.
- Add more water if necessary to make a thick but pourable dressing.

