

# Avocado Herb Dressing

This dressing has antioxidant benefits of vitamin E from avocado, and the bacteria and virus-fighting power of garlic. Parsley supports healthy kidney function and is anti-inflammatory. If you don't have fresh basil or dill use all parsley.

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

$\frac{1}{2}$  cup avocado, packed  
1 small garlic clove, chopped  
2 Tb apple cider vinegar  
2 Tb fresh lemon juice  
2 Tb extra virgin olive oil  
 $\frac{1}{4}$  cup fresh basil or dill leaves  
 $\frac{1}{2}$  cup fresh parsley  
 $\frac{1}{4}$ -  $\frac{1}{2}$  teaspoon Celtic sea salt  
3-4 Tb water or more for desired consistency

- Put all ingredients in a blender starting with 3 Tb water
- Blend until smooth, add more water if necessary
- Taste to adjust salt.
- Store in a jar in the fridge. Keeps for about 5 days.