



Recipes

Sauces and Dressings

Avocado Dip

Prep Time: 5 minutes

Cook Time: none

Yield: 4 servings

Ingredients:

1 large peeled and stoned avocado
2/3 cup plain goat-milk yogurt or soy yogurt
1 tomato, diced
Dash or two of cayenne pepper
Sea salt
Fresh black pepper

Directions:

1. Mash avocado with a fork until very smooth.
2. Add yogurt, tomato and cayenne. Blend until smooth. This may be done in a food processor, blender or with a fork.
3. Add sea salt and fresh black pepper.
4. Serve chilled with mixed raw vegetables.

Note:

- Best made 1 hour maximum before serving.