

# Avocado Ranch Dressing

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Store bought ranch dressing can be loaded with saturated fat and artificial ingredients. Homemade ranch recipes often call for high fat mayonnaise or sour cream for the base of the dressing. Try our version which uses fresh avocados, a source of healthy unsaturated fats, to achieve the same creamy texture. Use our Avocado Ranch Dressing as a dip for your favorite fresh veggies or on top of your fresh salad. Enjoy!

## Ingredients:

1 ripe Avocado  
¾ cup low-fat buttermilk  
½ cup plain nonfat Greek yogurt  
1 clove garlic, minced  
Juice of ½ a lemon  
½ teaspoon salt  
½ teaspoon black pepper  
2 tablespoons fresh chives, chopped

## Directions:

1. Slice through the avocado lengthwise until you feel your knife hit the pit. Continue slicing around the pit in a full circle around the avocado. Twist the avocado until it releases from the pit and you have 2 halves. Use a spoon to remove the pit, then scoop the flesh into a food processor or blender.
2. Add remaining ingredients, except chives to food processor or blender and blend until smooth and the mixture runs off of the back of a spoon.
3. Add chopped chives to mixture and pulse 2-3 times to evenly distribute chives throughout the dressing.
4. Serve over your favorite salad greens or as a dip alongside crunchy veggies.

**Yield:** 12 servings (2 tablespoons per serving)

**Nutrition Facts:** 32 Calories; 2 g Fat (0 g Saturated Fat; 0 g Trans Fat); 1 mg Cholesterol; 119 mg Sodium; 3 g Carbohydrate (1 g Fiber, 1 g Sugar); 2 g Protein; 1% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 3% DV Calcium; 1% DV Iron