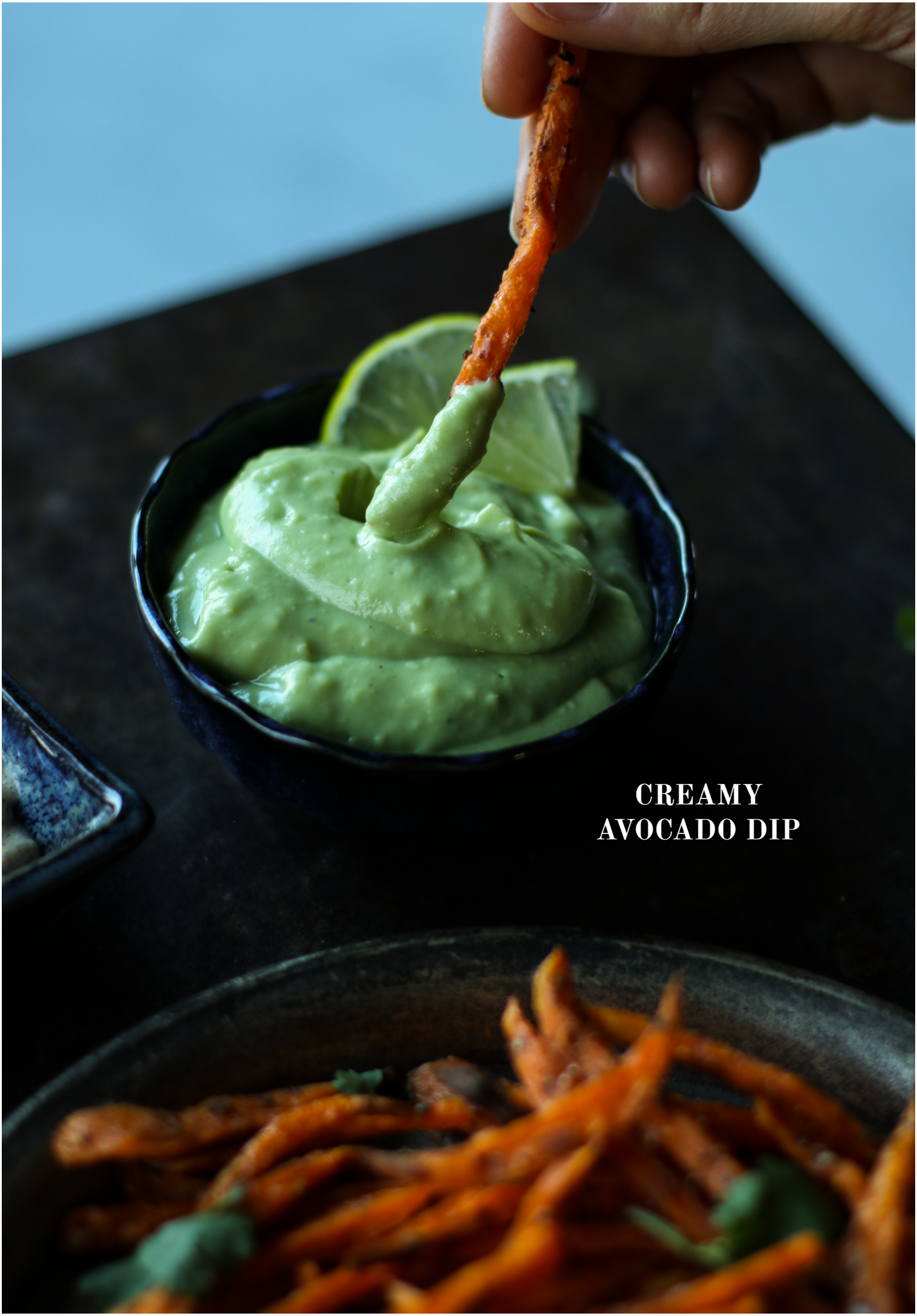
CREAMY
AVOCADO DIP

YIELD
1 cup

TIME
5 min

GF

NF

SF

# CREAMY AVOCADO DIP

## INGREDIENTS

1 ripe avocado, de-seed and peeled
2 cloves garlic
¼ cup (60 mL) plain, unsweetened plant-based yogurt
½ lime, juiced
¼ tsp salt
sprinkle of ground pepper

## DIRECTIONS

Add all ingredients to a small food processor and blend until creamy. If you don'y have a small food processor, you can mash the avocado with a in a bowl first, then add the crushed garlic and the add the remaining ingredients, mix, and enjoy!

## NOTES

- **Storage:** best if enjoyed immediately. Can be stored in an air-tight container in the fridge for up to 1 day.


www.pickuplimes.com, Pick Up Limes ©