**Vitality Ranch Dip or Dressing with Quick Avocado Mayonnaise**

**Ingredients:**

* 1 cup mayo (See recipe below)
* 1 cup sour cream
* ½ cup heavy whipping cream (dressing) If making a dip, eliminate this step.
* 1 tablespoon lemon juice
* 1 tablespoon Apple Cider Vinegar
* 2 tablespoon parsley
* 1 teaspoon garlic powder
* 1 teaspoon basil
* ½ teaspoon dill weed
* ½ teaspoon onion powder
* ¼ teaspoon pepper
* ½ teaspoon salt
* 2 drops Dill Vitality Essential Oils
* 1 drops of Basil Vitality
* 1 drop Lime Vitality Essential Oil – Do not use lime juice, you can skip ☺

**Directions:**

1. Add all ingredients to a mason jar except ½ the parsley
2. Use an immersion blender blend well
3. Add the rest of the parsley & mix with a spoon, just looks better when it is not all missed in.
4. Refrigerate – Stays good for about 6 days.

**TIP:**

* I use a Mason jar & immersion blender – then put the lid on the jar & refrigerate. No extra clean up.
* Taste good right away, if you refrigerate for at least an hour it tastes better, but it tastes the best the next day!!!
* Add an additional ¼ to ½ cup whipping cream after you stop blending the mixture to get the texture for dressing. JUST stir the cream in … if you use the blender, it will thicken back up.
* May get thicker the next day, use the tip above to thin it out if needed.
* You can freeze for later by pouring the dressing into ice cube trays. Freeze for at least 24 hours. Dump into a mason jar or freezer bag. Keep in the freezer. When you want to use your dressing, to 1 or 2 in the bottom of a Mason Jar then layer your salad. Make sure you have at least 24 hours for it to defrost.

**Quick Avocado Mayonnaise**

**Ingredients**

* 1 large egg
* 1 cup avocado oil
* 1 drop Lemon Vitality
* 1 teaspoon apple cider vinegar
* ½ teaspoon dry mustard
* ¼ teaspoon salt
* ¼ teaspoon pepper
* ¼ teaspoon paprika

**Directions:**

1. Add all ingredients in order to a small wide mouth jar.
2. Place an immersion blender all the way to the bottom of the jar.
3. Turn it on. Keep it on the bottom until you see white then very slowly pull the blender up.
4. Continue moving the blender up and down to finish blending.
5. Put the lid on & refrigerate for up to 7 days.

**TIPS & Options**

* This makes one cup.
* You can double the recipe.
* If you want it to taste more like “Miracle Whip”, add an additional ½ teaspoon vinegar & 1 teaspoon powdered Swerve or Monk sweetener
* You can add 2 teaspoons siracha to make a creamy siracha mayo
* You can add 1 teaspoon minced garlic & ½ teaspoon powdered garlic to make a garlic mayo