

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Creamy Avocado Dressing

1 avocado

1/4 cup soaked almonds

2 Tbls. lemon juice

3/4 teas. Real Salt

1 clove garlic

1/4 cup olive oil

3/4 cup water (approx.)



Put all ingredients in a blender and process, adding water until desired consistency is reached. Serve on salads or pasta or as a dip for spring rolls. Substitute lime juice for lemon and add a handful of fresh cilantro leaves for a delicious addition to your veggie taco salad.