

Recipe

PROBIOTIC AVOCADO RANCH DRESSING

THE GOODS:

- 2 cups kefir (regular or dairy free)
- 1/2 avocado
- 3 teaspoons chopped cilantro
- 2 tablespoon lemon juice
- 1 clove fresh garlic
- 1 teaspoon chopped fresh chives
- Sea salt to taste
- 1/2 teaspoon black pepper

THE METHOD:

Mix all of the ingredients in a blender. Let the dressing set in the refrigerator for 30 minutes to one hour.

Drizzle on your favorite mixed green salad or use for a vegetable dipping sauce.

Boulder Nutrition