

Chat N Chew
Good Oils Season 1-3

Cilantro Avocado Salad Dressing

- 1 cup fresh cilantro
- ½ cup water
- ¼ cup Greek yogurt
- Garlic
- 1 tsp. salt
- 1 tbsp. lemon juice
- ½ avocado

This will make ¾-1 cup dressing. Put all ingredients in a food processor or blender and enjoy on a salad!