



**Yield: 8 servings**

**Ingredients**

- 1 large ripe avocado, peeled and pitted
- ¼ cup packed fresh cilantro
- ¼ cup water
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ teaspoon garlic clove

## Zesty Avocado Dip

**Instructions**

1. In a blender or small food processor, add all of the ingredients and puree until it is smooth. Add more water or lemon juice if you prefer it thinner.
2. Serve it as a dip with vegetables or use 2 tablespoons of dressing on a hearty salad.



Presented by  
**Culinary Medicine**

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**Nutrition Information** Serving Size: 2 tablespoons

Calories: 29 | Total Fat: 2.6 g | Saturated Fat: 0.4 g | Monounsaturated Fat: 1.6 g | Polyunsaturated Fat: 0.3 g  
Sodium: 147 mg | Total Carbohydrate: 1.8 g | Dietary Fiber: 1.1 g | Sugars: 0.1 g | Protein: 0.3 g

Source: Adapted from Kary Osmond