



## CREAMY AVOCADO DRESSING

Serves 6

### INGREDIENTS:

1 tsp Cumin Seed  
3 lime Lime Juice  
3 tbsp Extra Virgin Olive Oil  
1 Avocado  
1/2 tsp Sea Salt  
1/4 tsp Dijon Mustard  
1 cloves Garlic  
1/2 cup Water  
1 dash Black Pepper  
dash Cayenne Pepper

### RECIPE DIRECTIONS:

Dry toast the cumin seeds in a heavy bottomed skillet over medium-high heat until fragrant- about 2 minutes. Grind to a powder using a spice grinder. Combine the cumin, lime juice, oil, avocado, salt, mustard, garlic and 1/4 cup of the water into a blender and blend until smooth. Add more water if necessary. Add a pinch of the black pepper and cayenne. Taste. Add salt and cayenne as necessary.

### Nutrient Analysis:

Calories: 120.90    Protein: 0.87 g    Carbs: 4.83 g    Total Fat: 12.03 g  
Sat Fat: 1.72 g    Cholesterol: 0.00 mg    Sodium: 160.67 mg    Fiber: 2.39 g

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