

Avocado Dressing – Vegan – SOS

Prep Time: 10 minutes
Total Time: 10 minutes

Serving Size: 2
Calories per serving: 170
Fat per serving: 15 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 68.

Ingredients

- 1/2 tomato, diced
- 1 avocado, peeled and sliced
- 1/2 cup celery juice or water
- 8 basil leaves

Instructions

1. Place all the ingredients in a blender or food processor, and puree until smooth.
2. Serve immediately.
3. Variation: Replace the basil with your favorite fresh herb (tarragon, cilantro, oregano, etc.).

Notes

Nutrition facts (per serving-1/2 cup): Calories: 170, from fat: 125, total fat: 15g, cholesterol: 0mg, sodium: 48mg, total carbohydrate: 6g, fiber: 4.4g, sugar: 0g, protein: 2.6g.