



Avocado Dip

Prep Time: 3 minutes

Makes 1 cup

Ingredients

1 large peeled and pitted avocado

2/3 cup plain yogurt, goat yogurt, coconut yogurt, or almond yogurt

1 diced tomato

a squirt of lemon or lime juice

dash or two of cayenne pepper

sea salt and black pepper

Method

- Mash avocado with a fork until very smooth.
- Add yogurt, tomato, cayenne and blend until smooth. This may be done in a food processor, in a blender, or with a fork.
- Add sea salt and fresh black pepper to taste.
- Serve chilled with mixed raw vegetables.

Tip: Best made a maximum of 1 hour before serving.