



Avocado & Sour Cream Dip

Ingredients

½ c avocado, cubed
½ c sour cream
¼ c scallions + 1 T for topping
1 garlic clove, rough chop
1 T parsley
1 t lemon juice
½ t salt
¼ t pepper

Instructions

1. In a mini blender, buzz up the parsley, scallions and garlic.
2. Add the avocado and sour cream and blend until smooth.
3. Add lemon juice, salt and pepper. Buzz until combined. Taste for seasoning.

Serving Suggestions: Use a dip with crudité or use as a topping for fajitas, tacos, quesadillas