



Avocado Blue Cheese Dressing

Servings: 6-8

Prep Time: 5min

Cook Time: 0



Ingredients

- 1/4 cup Olive Oil
- 1/2 cup plain Greek Yogurt
- 1/2 Avocado, pitted and scooped
- 2 Garlic Cloves
- Juice of 2 Limes
- 1 Jalapeno, sliced
- 3 tablespoons Blue Cheese
- 3/4 teaspoon Salt

Directions

1. Place all the ingredients in a food processor or blender along with 1/4 cup water and blend till smooth. You may have to use the spatula to clean the sides once or twice because the blue cheese tends to stick.
2. Use as a salad dressing or omit the water for a thicker dressing that also doubles up as a dip!