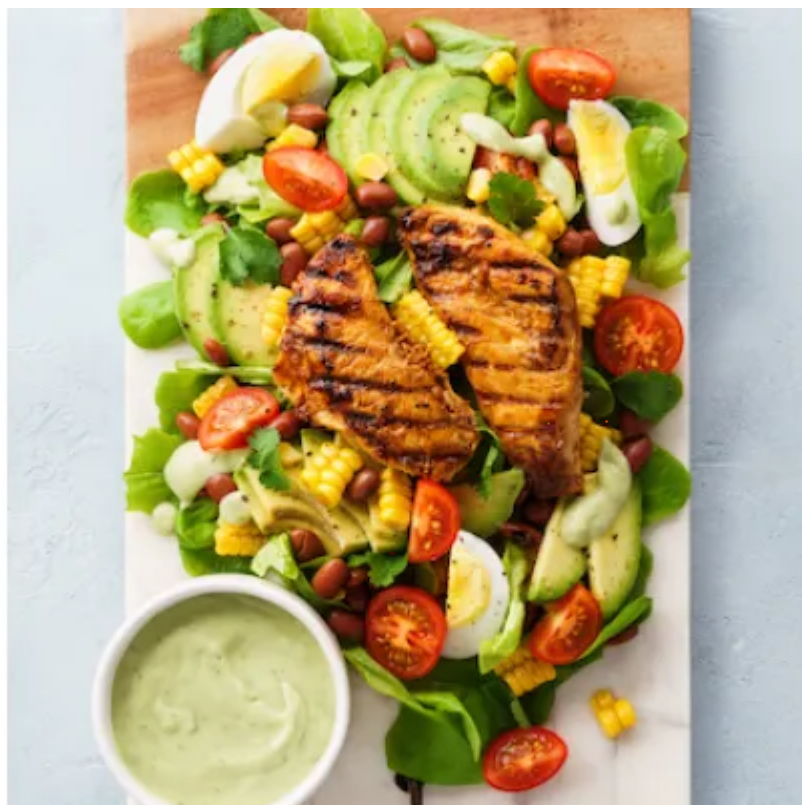


Avocado Dressing



Make a healthy, velvety avocado dressing to enhance your summer salads. The good fats in the avocado will make your salad more sustaining.

Preparation 2 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 135

Fat 10

Carbohydrates 10

Fibre 4.6

Protein 1

Sodium 0

Ingredients

- ½ mashed avocado
- 5 mL (1 tsp) finely chopped basil
- 5 mL (1 tsp) maple syrup
- 5 mL (1 tsp) white wine vinegar
- Salt and pepper, to taste

Preparation

1. Mix all ingredients well until a homogeneous vinaigrette is obtained

Notes



Dominique Longpré – Nutritionniste Diététiste en entreprise
Registered Dietitian Nutritionist in St-Lambert