



creamy avocado dip

- 1 avocado
- ½ cup plain yogurt
- 1 tablespoon lime juice
- 1 teaspoon chopped cilantro
- ½ teaspoon garlic powder

1. Remove core and peel from avocado. Mash avocado.
2. Stir all ingredients together, or blend in a food processor.



Dip raw veggies.
Top your burrito or
taco with a spoonful
of this dip.



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