

Cilantro Lime Dressing Recipe

Cilantro Lime Dressing (Oil-Free Salad Dressing)

Ingredients:

- 1/2 organic avocado
- 1/4 cup Greek yogurt
- 1/2 cup distilled water
- 1 cup chopped organic cilantro leaves & stems
- 2 cloves of garlic
- 1/2 tsp Redmond Real Salt
- Juice from 1 organic lime
- 1/2 oz Plant Derived Minerals

Instructions:

Add all ingredients to a blender. Blend until smooth and creamy. Use immediately or store in the refrigerator in an airtight container for up to 3 days.

This creamy, oil-free cilantro lime dressing is a fresh, flavorful way to elevate your salads while sneaking in minerals and healthy fats.