

Green Goodness Dressing



Makes: 1½ cups

Prep Time: 10 minutes

½ cup fresh flat-leaf parsley
leaves, chopped
½ cup fresh cilantro leaves,
chopped

½ cup lemon juice
½ cup extra virgin olive oil
1 small avocado, pitted
and peeled

2 tablespoons chopped
green onion
2 teaspoons Dijon mustard
3 cloves garlic, micro-grated
¾ teaspoon sea salt
Pinch of black pepper

1. Combine all ingredients in a blender and puree until smooth. Pour into a glass jar and store in the fridge for up to 1 week.

fridge at all times.

The name of this dressing says it all—it's so good! And it's easy to make. A variety of green herbs provide plenty of phytonutrients and when blended with rich avocado and olive oil, they create a beautiful, bright, creamy dressing that you'll want to have in the