

Creamy Avocado-Kefir Dressing

Makes about 1 cup

Ingredients:

1/3 cup	Kefir, plain
1 small	Avocado, skin and seed removed, cut into chunks
1/4 cup	Oil
2-3 tablespoons	Lemon or lime juice
1/4 cup	Parsley, cilantro, or dill, rinsed, chopped
1 clove	Garlic, peeled, chopped
Salt and cayenne pepper to taste	

Directions:

Place all ingredients in a food processor or blender. Blend until combined. You can also make it by hand. Place avocado in a bowl, mash it with a fork, add remaining ingredients and mix to combine.

Kefir is a fermented milk, similar to liquid yogurt. It originated in Eastern Europe. Kefir is beneficial for digestive health, as it contains probiotics and is rich in nutrients like calcium, phosphorus, vitamin B12, vitamin B2 (riboflavin)