

## Avocado ranch AKA green goddess dressing recipe - Vegan 2015

| <b>Food Item:</b>           | <b>Amount:</b>  | <b>Notes:</b>          |
|-----------------------------|-----------------|------------------------|
| Ripe avocado                | 3 each          |                        |
| parsley                     | 1 bunch         | (washed)               |
| Fresh dill                  | 2 T chopped     |                        |
| Scallion                    | 1 cup           | Chopped (or reg onion) |
| Fresh tarragon or 1 t dried | 3 Tablespoons   | Chopped                |
| Minced garlic               | 2 T             |                        |
| Cider vinegar               | 1/4 cup         |                        |
| Lime juice                  | 2 T             |                        |
| Water                       | 2-3 cups        | as needed              |
| Maple syrup                 | 1/4 cup         |                        |
| Dijon mustard               | 2 T             |                        |
| Avocado oil                 | 1/2 cup         |                        |
| Celery salt                 | 1/2 teaspoon    |                        |
| Sea salt                    | 1-2 Tablespoons | to taste               |
| Fresh black pepper          | 1-2 Tablespoons | to taste               |

### **Procedure:**

Blend in vitamix blender. Make sure consistency is pourable when it is cold. Might need to add water depending on viscosity. Store in fridge for up to 1 month if you don't eat it all before then.