



Caren Laboy
Health Coaching & Nutrition

Avocado Dip

Prep Time: 5 minutes

Yields: 4 servings

Ingredients:

1 large peeled and pitted avocado

2/3 cup plain goat or soy yogurt

1 tomato, diced

dash or two of cayenne

pepper

sea salt and black pepper



Directions:

1. Mash avocado with a fork until very smooth.
2. Add yogurt, tomato and cayenne. Blend until smooth. This may be done in a food processor, blender or with a fork.
3. Add sea salt and fresh black pepper to taste.
4. Serve chilled with mixed raw vegetables.

Note:

Best made a maximum of 1 hour before serving.