

Traci Antonovich

Yields 1.5 cups

# Creamy Avocado Ranch Dressing and Dip

Secretly healthy Ranch made with avocado, nonfat Greek yogurt, fresh garlic and lemon, dried herbs, and (optional) mayo.

10 min

Prep Time

10 min

Total Time

## Ingredients

1 large Avocado (skin removed, halved, and seeded)  
1/4 cup Plain Nonfat Greek Yogurt  
2 Tbsp Mayonnaise (optional)  
2 tsp Lemon Juice  
1 small clove Garlic (finely grated w/ Microplane)  
1 tsp White Vinegar  
1/2 tsp dried Parsley  
1/2 tsp dried Dill  
1/2 tsp dried Chives  
1/2 tsp dried Onion  
1/8 tsp Kosher Salt  
Black Pepper to taste  
1/2 cup 1% Milk

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## Instructions

In a food processor or high speed blender, combine AVOCADO, YOGURT, MAYONNAISE (optional), LEMON JUICE, GARLIC, VINEGAR, PARSLEY, DILL, CHIVES, ONION, SALT, and PEPPER; pulse in short spurts until combined.

[Serve as a dip...or continue instructions to make dressing].

Add small amounts of MILK until creamy consistency is reached; cover and refrigerate.

Serve chilled; eat within 3-5 days.

## Notes

If you don't want to use any mayo, simply substitute an equal amount of nonfat Greek yogurt.

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