

Avocado Salsa Dip

Ingredients:

- 1 Large Avocado
- 1 Jar Salsa (16 oz)
- 1 Bunch Cilantro (optional)



Directions: Place all ingredients in blender and puree until smooth. Serve with pepper slices, celery, cucumbers or other vegetables or use as a dressing for taco salad.

Notes: This is a great recipe that utilizes the flavor of your favorite salsa, but provides are hearty texture and healthy fats from avocado. Bean and corn salsas will yield a thicker consistency.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving
(4 servings ~1/2 cup):**

Calories: 103

Fat: 7 grams

Protein: 2.5 grams

Carbohydrates: 10 grams

Fiber: 5 gram

Sodium: 684 mg

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