

YIELD: 1 CUP DRESSING

Creamy Avocado Vinaigrette

This creamy avocado vinaigrette is healthy, delicious, and ready in less than five minutes.

PREP TIME

5 minutes

TOTAL TIME

5 minutes

Ingredients

- 1 ripe avocado
- 1/4 cup white wine vinegar
- Juice of one lemon (use a good citrus juicer, [like this one](#))
- Salt and pepper, to taste
- 3/4 cup extra virgin olive oil

Instructions

1. In a food processor, combine avocado, vinegar, lemon juice, salt and pepper. Run processor until very smooth and creamy.
2. With processor running on low, stream in olive oil through the chute until just combined.

Notes

Some people have said that this recipe is way too tart for their tastes. I've retested the recipe a few times and reworked it to make it a bit less tangy.

Nutrition Information: YIELD: 8 SERVING SIZE: 2 tablespoons

Amount Per Serving: CALORIES: 222 TOTAL FAT: 24g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 20g
CHOLESTEROL: 0mg SODIUM: 39mg CARBOHYDRATES: 3g FIBER: 2g SUGAR: 0g PROTEIN: 1g

At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.

© Cassie Johnston

<https://wholefully.com/creamy-avocado-vinaigrette/>

CUISINE: General / CATEGORY: Sauces & Seasonings

