

AVOCADO SAUCE

2 servings
Covers your fat.



AVOCADO SAUCE

1 avocado, roughly chopped

1/2 small red onion

1/2 tsp. garlic, minced

Juice of 1/2 lime

1/2 Tbsp. extra virgin olive, avocado or macadamia nut oil

1/2 Tbsp. fresh cilantro, minced (optional)

Pink Himalayan sea salt & freshly-ground pepper, to taste

INSTRUCTIONS

In a small bowl, mash the avocado until smooth. Add the remaining ingredients and stir until well-blended.