

Avocado Lime Cream

INGREDIENTS:

2 ripe avocados
2 Tbsp. lime juice
1/4 tsp. garlic powder
1/4 tsp. salt
1/4 cup water

SERVES: 8



Nutrition Facts

Serving Size 1 tablespoon (48g)
Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



***GLUTEN-FREE**



***VEGAN**

DIRECTIONS:

1. In a blender, combine avocado, lime juice, garlic powder, salt and water.
2. Depending on your blender, you may need to add a bit more water. Blend until smooth and airy.