

# Avocado Ranch Dressing

## Ingredients:

- 1 avocado
- 2 tablespoons extra virgin olive oil
- 2 tablespoons coconut cream
- 1 tablespoon apple cider vinegar
- 1 handful fresh parsley
- A few fronds of Florence Fennel or dill
- 1 teaspoon Dijon mustard
- ½ teaspoon onion powder



## What to do:

1. Halve avocado lengthways and scoop flesh into a measuring jug.
2. Mash avocado with a fork until smooth.
3. Whisk 4 table spoons of water into avocado.
4. Whisk in olive oil, coconut cream then vinegar.
5. Roughly pick parsley leaves from stems.
6. Chop parsley until very fine.
7. Chop dill or fennel until very fine.
8. Add mustard powder and onion powder to dressing and whisk until smooth.
9. Season with salt and pepper and stir in herbs.