



# Creamy Avocado Dressing

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 avocado  
3 tablespoons olive oil  
1 tablespoon lemon juice  
½ cup water  
¼ [celtic sea salt](#)  
¼ black pepper

## Instructions

1. Place avocado, olive oil, lemon juice and water in [vita-mix](#)
2. Puree until smooth then blend in salt and pepper
3. Serve over green or chopped salad