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