

Cilantro-Avocado Ranch Dip

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*2 medium avocados, peeled
and pitted
1/2 bunch fresh cilantro
juice of one lime (two
tablespoons)
1 cup sour cream
1 packet (one ounce) ranch
dry seasoning
2 cloves garlic
1 tablespoon extra-virgin
olive oil
1 teaspoon salt
1 teaspoon pepper*

In a food processor, place the avocados, cilantro, lime juice, sour cream, ranch seasoning, garlic cloves, olive oil, salt and pepper.

Puree' until smooth.

Per Serving (excluding unknown items): 1274 Calories; 123g Fat (82.5% calories from fat); 16g Protein; 43g Carbohydrate; 11g Dietary Fiber; 102mg Cholesterol; 2297mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fruit; 1/2 Non-Fat Milk; 24 1/2 Fat.