

# Avocado Cream Sauce

*allrecipes.com - February/March 2019*

*1/2 avocado, peeled and  
pitted  
1/2 cup water  
1/4 cup plain nonfat Greek  
yogurt  
1 1/2 teaspoons lemon juice  
1/2 teaspoon garlic powder  
1/4 teaspoon salt*

In a food processor or blender, blend the avocado, water, yogurt, lemon juice, garlic powder and salt until smooth.

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Per Serving (excluding unknown items): 168 Calories; 15g Fat (75.3% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 547mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 3 Fat.