

NOURISH

holistic health & nutrition

Kristen Branzetti, NTP

603.526.6687

nhhnutrition.com

info@nhhnutrition.com

Green Goddess Dressing

Time: 15 minutes

Ingredients:

- One handful fresh parsley
- One handful fresh dill
- ¼ cup fresh basil
- 2 fresh garlic cloves
- Juice of ½ lemon, squeezed
- ½ cup your choice yogurt (raw whole milk; organic Greek; coconut; etc.)
- ½ cup avocado oil based mayo (Primally Pure recommended)
- Himalayan sea salt and pepper to taste.

Directions:

Toss all ingredients in food processor. Blend to creamy, dressing-like texture. Adjust to taste and enjoy!