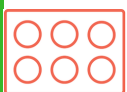




AVOCADO MAYO



APROX. 6
SERVINGS



2 MIN



TOTAL
6 MIN

Ingredients

1	-	Small Avocado
1/4	Cup	Cold Water
2	Tbs.	Pumpkin seeds
1/2	Tsp..	Sea salt (Himalayan salt)
1	Clove	Garlic
2	Tsp.	Apple Cider Vinegar
		Organic and Raw
1	Tbs.	Cilantro chopped
1	Tbs.	Lemon Juice

Directions

1. Place the avocado in a food processor along with cold water, pumpkin seeds, garlic, apple cider vinegar, salt, lemon juice and chopped cilantro.
2. Grind for about 2 minutes and serve with your favorite salad.



Notes:

It is preferable to use the same day, but can be kept in the refrigerator for a couple of days in a well-sealed glass container.



Elis Organic