

Avocado Ranch Dressing

1 / 2 cup mashed avocado, ~ 1 small	1 1 / 2 tsp white vinegar
1 / 3 cup sour cream or crème fraiche	1 Tbs minced flat leaf parsley
1 / 2 cup buttermilk	Fine sea salt to taste
1 Tbs minced fresh scallion	Freshly ground black pepper
1 / 4 tsp garlic paste or a pinch of granulated garlic	

1. Scoop the avocado and sour cream into a food processor or blender.
2. Add the buttermilk, scallions and garlic and purée until smooth.
3. Transfer the avocado mixture to a small bowl and add the vinegar, parsley and 3 / 4 tsp salt. Add pepper to taste.
4. Serve or store in a covered container in the refrigerator for up to 3 days.

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NOTES

1. Try it with crudités and chicken wings.
2. Use as a sauce for wraps.