

# Cucumber Avocado Dressing

## Ingredients:

- 2 medium cucumbers, peeled and chopped
- 1 ripe avocado, peeled and chopped
- 2 handfuls of fresh cilantro leaves
- 3 medium garlic cloves, peeled
- ½ cup freshly squeezed lemon juice
- 6 tbsp grapeseed oil
- 6 tbsp filtered water
- 1 ½ tbsp salt, or to taste
- ¼ tsp freshly ground black pepper



## Directions:

1. In a blender, combine all the ingredients. Blend on high speed until smooth and creamy.
  - Keep in a sealed container, refrigerated, for up to 1 week.

