



Avocado Crema

A perfect topping for tacos, salads, and sandwiches.

U.S.

1 cup	Greek Yogurt, plain
1 each	Avocado
1/4 cup	Lime Juice
1/2 cup	Cilantro, roughly chopped
1/2 each	Jalapeño, seeds removed
3/4 tsp	Salt

Metric

236 mL
1 each
60 mL
115 g
1/2 each
3 g

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a blender and blend on high speed until smooth. Adjust seasoning if necessary and serve.

Optional: If a spicier crema is desired, you can add 1 whole jalapeno. You can remove the seeds or keep them in depending on your preference.

Nutrition Facts

16 Servings

Serving size 1 oz (2 tablespoons)

Amount per serving

Calories 30

Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	0 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	100 mg
Phosphorus	30 mg
