



Avocado Crema

A perfect topping for tacos, salads, and sandwiches.

U.S.

1 cup	Yogurt, Greek, Plain
1/4 each	Avocado
3 Tbsp	Lemon Juice
3 Tbsp	Lime Juice
1/2 cup	Cilantro
1/2 each	Jalapeño, seeded
1 1/2 tsp	Sugar, Granulated
1/4 tsp	Salt
To Taste	Black Pepper, ground

Metric

226.8 g
1/4 each
45.0 mL
45.0 mL
113.4 g
1/2 each
7.1 g
1.2 g
To Taste

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a food processor and blend until smooth. Adjust seasoning if necessary and serve.

**** Nutrition Facts on Reverse**

Nutrition Facts

8 Servings

Serving size **1 oz**

Amount per serving

Calories **20**

Calories from Fat 0

Total Fat 0.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 35 mg

Total Carbohydrate 2 g

 Dietary Fiber 0 g

 Total Sugars 1 g

 Includes 0.5g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 2 %

Iron 0 %

Potassium 60 mg

Phosphorus 25 mg
