



**BAUMAN
COLLEGE**

HOLISTIC NUTRITION
AND CULINARY ARTS

Avocado~Lime Dressing

This dressing provides healthy fats to support health while dressing up fresh green salads. Here in California we are truly blessed with locally sourced avocados and olive oil! Avocados are excellent sources of potassium, B vitamins, and fiber, as well as unsaturated fatty acids. Cold-pressed extra-virgin olive oil also provides monounsaturated fats, the type that is associated with lower LDL-cholesterol and a lower risk of heart disease. A touch of ground cumin seeds adds flavor and stimulates the production of digestive enzymes.

Ingredients

1	ripe avocado	3 Tbs	water
1 clove	garlic, chopped	3 Tbs	extra-virgin olive oil
1 Tbs	ground cumin	—	salt and pepper to taste
2 Tbs	cilantro leaves, chopped	—	mixed greens or lettuces
1	lime, juiced		

Directions

Cut the avocado in half lengthwise and remove the pit. Scoop out the avocado flesh and place in a food processor. Add garlic, cumin, cilantro, and lime and start mixing. Slowly add in the water and extra virgin olive oil. Add more water if you like the dressing thinner. Season with salt and pepper. Serve with your favorite mixed greens or lettuce.

Serves 4

Author: Natural Chef Trudy Schafer • thehealingearth.com

**Bauman College offers professional programs for Nutrition Consultant and Natural Chef
Eating4Health™ Cooking Classes are now available to the public! More info online.
For more information: (800) 987-7530 — baumancollege.org**