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## Creamy Cilantro-Avocado Dressing

- ½ Ripe avocado
- ¾ Cup packed fresh cilantro
- ½ Cup nonfat plain yogurt
- 2 Scallions, chopped
- 1 Clove garlic, quartered
- 1 Tbsp lime juice
- ½ Tsp sugar
- ½ Tsp salt

- 1) Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.

Makes 1 Cup

