

# Avocado Ranch Dip

People are always dropping by in the summer and it's great to have a quick easy appetizer recipe on hand. Most of the ingredients you should have on hand. Avocados are full of fiber and healthy fats and a satisfying fruit. Enjoy.

xoxo,

Kristin

## DIRECTIONS

1. Blend in a blender or food processor until all ingredients are mixed. Adjust salt and pepper to taste.
2. Enjoy!

Recipe from:

<https://www.realfoodwithdana.com/avocado-ranch-dip-whole30-ai>  
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