AMERICAN · SAUCE

Dairy-Free Avocado Green Goddess Dressing

10 min | Makes 9 × 2 tbsp | 81 kcal a portion | Video 4:31 · Clean & Delicious

Vegan | Gluten-free ingredients | Nut-free

Dairy-free and egg-free: the creaminess comes from avocado and a little coconut milk, with no added sugar and about 1 g of net carbs a portion. Most of the fat is the unsaturated kind from avocado and olive oil.

Diet notes: Keto (0.8 g net carbs a serve).

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Ingredients

10 · MAKES 9 × 2 TBSP

- ☐ ½ **ripe avocado**
- ☐ ¼ cup **coconut milk** (full-fat, canned)
- ☐ 3 tbsp **fresh lemon juice**
- ☐ 1 **garlic** clove, crushed
- ☐ ½ cup **fresh parsley leaves**
- ☐ ½ cup **fresh basil leaves**
- ☐ ¼ tsp **kosher salt**
- ☐ pinch of **red pepper flakes** (optional)
- ☐ 2 tbsp **water**
- ☐ ¼ cup **extra-virgin olive oil**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Scoop the avocado flesh into a mini food processor or blender. 1:50
2. Add the coconut milk, lemon juice, crushed garlic, parsley, basil, salt, chilli flakes and water, close the lid and blend until it comes together. 1:54
3. Add the olive oil and blend again until thick, smooth, creamy and bright green. 2:24
4. Taste for salt and lemon, then use on salads. Keep in an airtight container in the fridge for up to 4 days.

> **Tip** Light coconut milk also works, though full-fat gives the creamiest result. Avocado darkens on standing, so it is at its brightest green on the day it is made.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
81 kcal 340 kJ	**0.4** g 1% of a day	**1.4** g 0.8 g net · 0.2 g sugars 1% of a day	**0.6** g 2% of a day	**8.6** g 2.2 g saturated 11% of a day	**70** mg 3% of a day

Energy from net carbs 4% · protein 2% · fat 94% — fits keto: 0.8 g net carbs, 94% of the energy from fat

High in (20%+ of a day) Vitamin K 20%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=sqPmgP07160, published 27 March 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vegan-avocado-green-goddess-dressing