



Creamy Cilantro Lime Salad Dressing – Fresh, Tangy, And Irresistibly Good!

Watch the YouTube demo via the link in the blog post.

If you love bold, zesty flavors, this Creamy Cilantro Lime Dressing is about to become your new favorite! Packed with fresh cilantro, creamy avocado, fresh garlic, tangy Greek yogurt, and a bright squeeze of lime, this dressing is a flavor powerhouse. It's smooth, vibrant, and perfect for drizzling over salads, tacos, or even as a dip for fresh veggies.

Unlike store-bought dressings loaded with preservatives, horrifying oils, and mystery ingredients, this homemade version is wholesome, nutrient-packed, and incredibly easy to make. With just a few simple ingredients and a quick blend, you'll have a fresh, creamy dressing that tastes like it came straight from a gourmet kitchen.

In the video, I'll show you exactly how to whip this up in minutes, plus a few creative ways to use it beyond just salads. Whether you're looking to elevate your greens, brighten up grilled veggies, or accompany a Mexican food, this healthy, delicious dressing does it all.

Let's dive in and blend up something delicious!

Ingredients:

1 cup fresh cilantro, stems removed, loosely packed, organic

2 ripe avocados

¼ cup fresh squeezed lime juice, organic

3 TB Extra Virgin Olive Oil

¼ cup nonfat Greek yogurt, organic

3 garlic cloves, peeled, organic

1 TB Trader Joes Green Goddess Salad Spice

¼ tsp salt & pepper to taste

½-1 cup of water depending on the consistency you like

Procedure:

Load ingredients into the blender in the order referenced above and blend to your desired consistency. Store in a mason jar in the refrigerator up to one week or serve immediately over salad, atop tacos or as a dip for your favorite veggies or tortilla chips (organic of course).

Bon Appetit!