

## Herbvocado Sauce

Serving size: 1/4 c.

Serves: 6



6 oz. nonfat Greek yogurt  
1 avocado, peeled, pitted, and cut into chunks  
1 clove garlic, chopped  
1 T. light mayo  
1 T. lemon juice  
2 T. fresh herbs, finely chopped (mixture of mint, oregano, parsley)  
Kosher salt and freshly ground black pepper



In a food processor add avocado, garlic, mayo, and lemon juice. Pulse until starting to blend together. Add Greek yogurt and pulse until smooth. Remove from food processor and add herbs, stirring until well mixed. Add salt and pepper to taste.

**Estimated calories:** 62 cal/serving