



Lime-Avocado Sauce

INGREDIENTS

2 ripe avocados
2–4 tbsp lime juice
1/2 cup fresh cilantro
1/4 to 1/2 jalapeño
1 clove garlic
1/4 tsp ground cumin
1/2 to 1 tbsp sweetener (optional)
Pinch cayenne (optional)
Sea salt, to taste
Black pepper, ground, to taste
1/4 to 1 cup water

METHOD

1 First, halve the avocados, remove the pits, and scoop out the flesh. Roughly chop the cilantro. Remove the seeds from the jalapeño for less heat if desired. Peel the garlic.

2 Add the avocados, lime juice, cilantro, jalapeño, garlic, ground cumin, sweetener if using, cayenne if using, sea salt, black pepper, and about 1/4 cup water to a blender.

Blend until smooth and creamy. Add more water as needed until the sauce reaches the desired consistency. Taste and adjust seasoning if needed.

TIPS & ADDITIONAL INFORMATION

For more texture and color contrast, add the cilantro near the end of blending.
This sauce is best served the same day, as the color may darken if stored for several hours.