

Avocado Ranch Snack Board

Servings

8

Calories

180

Prep Time

15 minutes

Total Time

0 minutes

Skill Level

Easy

Ingredients

- 1 ripe avocado, pitted
- ½ cup plain yogurt
- ¼ cup mayonnaise
- 3 tablespoons fresh lime juice
- 1 garlic clove, finely chopped
- 1 teaspoon fine sea salt
- ¼ cup fresh dill sprigs
- ¼ cup minced chives
- ¼ cup parsley leaves
- 4 carrots, cut into 3" long sticks
- 4 celery ribs, cut into 3" lengths
- 1 package MANN® Better Crunch Lettuce
- 1 bag pita chips





Avocado Ranch Snack Board

The Method

1. In a blender combine avocado, yogurt, mayonnaise, lime juice, garlic, and salt. Blend until very smooth, adding cool water as needed to reach a thick but pourable consistency ($\frac{1}{4}$ - $\frac{1}{2}$ cup) and scraping down sides of blender occasionally.
2. Add dill, chives, and parsley and blend until herbs are finely chopped but not completely pureed.
3. Pour ranch dressing into a serving bowl and serve on a platter with carrots, celery, lettuce, and pita chips for dipping.

Nutrition Facts

Serving Size: $\frac{1}{4}$ cup dip, 6 lettuce leaves, & 10 pita chips | Servings: 8

Amount Per Serving

Calories 180 | Total Fat 10g (sat fat 1.5g trans 0g) | Cholesterol 5mg | Sodium 530mg | Total Carbohydrate 18g | Dietary Fiber 3g | Sugars 4g (Includes 0g Added Sugars) | Protein 4g | Vitamin D 0mcg 0% | Calcium 68mg 6% | Iron 1mg 6% | Potassium 405mg 8%