

Healthy Recipes

APPETIZER

Avocado Ranch Dip

Ingredients:

1 ripe avocado, pitted and peeled Juice of 1 lime

1 cup sour cream

1 package ranch seasoning

Pinch cayenne pepper

Prep Time: 5 minutes Cooking Time: N/A Cooling Time: N/A

Servings: 6 - 8

Directions:

In a medium bowl, mash avocado with a fork.

Whisk in lime juice, sour cream, and ranch seasoning until smooth. If desired, add a pinch of cayenne.

Transfer to serving bowl and serve with Wheat Thins.



Upgrade your guac with your old friend ranch.