

## Jalapeno Ranch Dressing with Avocado Oil

### Ingredients:

1 1/2 cups plain Greek yogurt  
1 tablespoon apple cider vinegar  
4 tablespoons extra-virgin avocado oil  
1 clove garlic  
1 tablespoon fresh dill  
1/4 cup fresh parsley leaves  
Small handful of chives  
1-2 jalapeño peppers  
1/2 teaspoon sea salt  
Coarse black pepper

### Directions:

Put all of the ingredients in a blender or food processor and blend until smooth. It starts out really thick — perfect for dipping, but a tablespoon or two of water or milk will thin it out to a dressing consistency.

Store leftovers in the fridge; it should last for several days.