

Avocado-Mint Dip

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This luscious dip has a velvety smooth texture and a fresh herbal bite. You can substitute any other herbs for the mint; cilantro makes it somewhat guacamole-like, while chives add their allium sweetness, and basil is sharp and bright. Serve with crudité's or heap on toasted bread to make crostini.

Ingredients

1 large ripe avocado
5 teaspoons fresh lemon juice
3 tablespoons chopped fresh mint leaves
Pinch cayenne pepper
Sea salt

Method

1. Pit the avocado and scoop the flesh into the bowl of a food processor or into a blender. Add the lemon juice, mint, cayenne and 1/4 cup water and pulse to purée. If desired, add more water to thin the dip. Add salt to taste.
2. Transfer to a serving bowl, cover and refrigerate until ready to serve. This is best served on the day it is made.

Notes

1 WW Freestyle SmartPoint per serving

Prep

- Prep: 10 Minutes

Source: New York Times (Servings: 10 | Yield: 1 1/4 cups (2 tbsp per serving))