

# Recipe:

## CREAMY AVOCADO GREEK YOGURT DIP

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½ cup plain greek yogurt  
2 ripe avocados, chopped  
1 clove garlic, minced  
3 tablespoons chopped fresh parsley  
1 tablespoon finely seeded jalapeño pepper or sprinkle cayenne, chopped  
2 tablespoons fresh lime juice  
¼ teaspoon ground cumin  
black pepper to taste

Place the yogurt, avocados, garlic, parsley, jalapeño, lime juice, pepper and cumin in a blender or food processor. Mix until smooth.

Serve with pita chips, tortilla chips, or cut up veggies.

Enjoy!