

# Avocado Cilantro Dip

<https://blog.misfitsmarket.com/2022/03/18/avocado-crema-recipe-small-avocados/>

## Ingredients

- 3 tiny or 1½ large avocado
- ¾ cup Greek yogurt
- 3 clove garlic
- ¾ cup cilantro, leaves and tender stems
- 3 jalapeño, seeds removed
- Juice of 3 lime
- Kosher salt

## Instructions

1. For the crema: In a food processor or blender, add avocado, Greek yogurt, garlic clove, cilantro, jalapeño, and lime juice. Blitz until smooth and season with salt to taste.
2. Add a healthy dollop to your favorite tacos, salad, or serve as a dip with fresh vegetables and crackers.

I've started freezing avocado! I mash them up and I use a small cookie scoop. Then freeze! They don't turn brown AT ALL and when they set up firm in a few hours I throw them in a gallon ziploc bag. I don't add anything to them. No more nasty brown color or throwing expired ones away. I freeze about two bags at a time. They thaw beautifully too. Try it!

