2. Avocado dressing

to replace the unhealthy ranch dressing most of us use.

Ingredients:

1	x large avocado
2	x teaspoons fresh lemon juice
1/2	x cup Greek yogurt
1/2	x teaspoon hot chilli sauce
1/4	x cup extra virgin olive oil
3	x garlic cloves
3/4	x teaspoon salt

Directions:

Blend all ingredients together until creamy smooth. Enjoy!

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Juliette's Jungle Juice

This dressing will make any garden salad come alive.

Ingredients: -

1 entire corm	Garlic, peeled
1 stem	Oregano leaves (optional) ***OR***
½ cup	Parsley, chopped (optional)
1 Tablespoon	Honey
1 teaspoon	Mustard seed
⅛ teaspoon	Chilli
1 teaspoon	Sea salt
½ teaspoon	Black pepper, fresh ground
1 cup	White wine vinegar ***OR***
1 cup	Apple cider vinegar

Directions: -

1. Combine ingredients in blender and mix until garlic is totally crushed.
2. While blending, drizzle in *VERY SLOWLY* (to help prevent separation),
   1 cup Grape seed oil and,
   1 cup Virgin olive oil
3. Mixture should become thick. Bottle, seal and refrigerate.
4. Shake well if it separates, and drizzle over salads. Enjoy!

Variation: - Add 1 rounded teaspoon of curry powder or more to taste.