Healthy Options Recipe

Creamy Avocado Dip

Ingredients:
- 1 large avocado (peeled, pitted, and diced)
- 1 tsp lime juice
- 1 c. reduced-fat sour cream
- ½ c bell pepper (minced)
- ¼ c fresh cilantro (minced)
- 2 tsp jalapeno (minced)
- 2 tsp fresh garlic (minced)
- ½ tsp sugar
- ¾ tsp salt

Directions:
Mash avocado together with lime juice. Mix in remaining ingredients. Enjoy with Triscuits or multi-grain tortilla chips.

This recipe is provided by SHS Wellness Programs.