

## 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.

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