

creamy salad dressing

A memorable salad bursts with flavour. You could use this creamy wonder to 'dress up' waldorf salads without the saturated fat from cream or mayonaise.

Ingredients

- 1/2 Avocado
- 1 cup natural yoghurt
- Zest of a lemon, finely grated

Method

1. Mix all three ingredients together in a whizz, until just combined. Dollop over your favourite salad.