

# Creamy Avocado Hemp Dressing JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 ripe avocado
- 1/3 cup Manitoba Harvest Hemp Hearts
- 1/3 cup extra-virgin olive oil
- 1/2 lemon squeezed
- 2 garlic cloves
- 1/2 cup fresh basil

## Instructions:

1. Combine all ingredients into a food processor or blender. Blend until creamy.

## Notes:

I often double or triple this recipe. If you have some left over, store it in the fridge for up to 4-5 days, but give it a stir because the oil will rise to the top.