

AVOCADO SPINACH CREAM SAUCE



PER 50G

Protein	1.1 g
Carbohydrates	2.1 g
Fat	5.2 g

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INGREDIENTS

- 175 ml** Pasta water (or plain water)
- 120 g** Ripe avocado
- 85 g** Lite cream cheese spread
- 30 g** Spinach
- 5 ml** Lemon juice
- 5 ml** Cooking sherry
- 1 g** Dried cilantro (you can add less or more on preference)
- Dash of pepper
- Dash of salt
- Dash of smoked paprika to taste
- Dash of garlic powder to taste
- Dash of onion powder to taste

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DIRECTIONS

Add ingredients in a high power blender and set on 'sauces & soups' blend until creamy. Store in an airtight container in the fridge and enjoy!