



THE ingles TABLE

with Chef Carla Delangre

Creamy Healthy Fat Dressing

Shopping List

- ½ avocado
- 1/3 cup organic olive oil
- 2 tablespoons champagne vinegar
- ¼ cup apple cider vinegar
- ¼ cup coconut water
- 1 teaspoon coconut oil
- 2 garlic cloves fresh and chopped
- 1 teaspoon Celtic Sea Salt®
- 1 teaspoon Celtic Sea Salt® garlic salt
- 1 teaspoon fresh cracked black pepper
- 1 teaspoon anchovy paste
- 1 teaspoon dried dill

Cooking Instructions

- 1)** Blend all together in a blender on high until creamy and smooth.
- 2)** Will keep in refrigerator for a week if stored in a sealed jar.
- 3)** Serves six.



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