



SHORT STORY

Call in the avocado substitute and savor your favorite recipes without the guilt! Here are the alternative recipes to four of the most well-loved sauces.

**TIME**

5 Min

**SERVES**

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**COOK**

No Cooking

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SOUR CREAM

Makes 2 cups

Ingredients

- 2 avocados, skin and pits removed
- 1/2 cup coconut milk
- 1 lime, juiced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 Tbsp. avocado oil

Instructions

1. Place the avocado, coconut milk, lime juice, salt, and pepper into a food processor.
2. While blending the ingredients together, slowly drizzle in the avocado oil. Stop and stir as needed.

MAYONNAISE

Makes 3/4 cup

Ingredients

- 1 avocado, skin and pit removed
- 1/2 lemon, juiced
- 1/4 tsp. salt
- pinch of cayenne
- 1/4 cup olive oil

Instructions

1. Place the avocado, lemon juice, salt, and cayenne into a food processor.
2. As you blend the ingredients together, slowly drizzle in the olive oil. Stop and stir as needed.

RANCH

Makes 1 1/4 cups

Ingredients

- 1 avocado, skin and pit removed
- 1/4 cup cilantro
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/2 lime, juiced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup almond milk
- 1/2 cup plain whole milk yogurt (or dairy-free alternative)

Instructions

1. Place all of the ingredients into a food processor.
2. Blend until smooth.

Caesar Salad Dressing

Makes 3/4 cup

Ingredients

- 2 anchovies
- 1/2 avocado, skin and pit removed
- 2 garlic cloves
- 2 Tbsp. almond milk
- 1/2 tsp. dijon mustard
- 3 Tbsp. lemon juice
- 2 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. olive oil
- 1/4 cup parmesan cheese (or dairy-free alternative)
- 2 Tbsp. water

Instructions

1. Place all of the ingredients into a food processor.
2. Blend until smooth.