



Avocado Aioli

INGREDIENTS:

1 small	Chili pepper (jalapeño)
1 medium	Onion
1 small	Garlic clove
2 medium	Avocados, ripe/soft
¾ teaspoon	Salt
1 dash	Seasoned salt
1 cup	1% Cottage Cheese

PREPARATION:

- Place all ingredients in food processor or blender and mix until smooth.
- Taste avocado spread to see if anything else is needed.

Number of Servings: about 15

Serving Size: 2 Tablespoon

Calories: 55

Fat grams: 6

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