

MEALTIME MADE SIMPLE

# FRUIT SALAD WITH AVOCADO COCONUT LIME DRESSING

Check out our featured shoppable Fruit Salad Meal Solution, and create your own delicious salads and creamy avocado dressings at home.

## FRUIT SALAD MEAL SOLUTION

- Avocados From Mexico
- Berries
- Mangos
- Kiwis
- Bananas
- Non-fat Greek yogurt
- Lime juice
- Honey

To find the full recipe and more,  
visit [AvocadoSaladCenter.com](https://www.avocadosaladcenter.com)



## 5-MINUTE CREAMY AVOCADO DRESSING

Avocados contain good fats, making fresh Avocados From Mexico a great choice when making plant-friendly (vegan), gluten-free and preservative-free alternatives to other creamy salad dressings.

### INSTRUCTIONS

1. Place 1-2 fresh, ripe Avocados From Mexico in a food processor or blender.
2. Squeeze the juice of a lemon or lime to prevent avocados from turning brown.
3. Choose a non-dairy base to create desired creaminess, such as plain almond milk, olive oil, vinegar or water.
4. Select 1-2 fresh herbs or seasonings and season to taste, such as garlic, cilantro, basil, dill, salt, pepper or spices.
5. Blend your favorite ingredients until smooth.



### POUR ON THE GOODNESS!

Healthy and always delicious, avocados can be used in all kinds of recipes. There's no reason to stop at salads.

Drizzle fresh avocado dressing on burgers, tacos and sandwiches as a nutritious and delicious topping.

Find more recipes at [AvocadoSaladCenter.com](https://www.avocadosaladcenter.com)