

## Herbed Avocado

### INGREDIENTS

- 2-4 Avocados (2 avos makes about 1/2C spread)
  - 4-6 Sprigs of Herbs (I used about 3 sprigs purple basil, 3 sprigs lemon basil)
  - 2-4TBS Coconut Vinegar
  - 1TBS MCT Oil
  - 1TSP Lemon Zest
  - 1 Egg
  - 1TSP Himalayan Sea Salt
  - Pepper
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- Combine avocados, chopped herbs, coconut vinegar, MCT Oil, lemon zest, and egg in Vitamix and blend until smooth and creamy.
  - Season with sea salt and black pepper to taste, if needed.