

Annum™ Materna

Avocado Ranch Dressing Salad

Ingredients:

Ripe Avocado - 1 unit

Anlene Low-fat Yoghurt (Plain flavour) - 200gm

Lemon Juice - 1 unit

Annum™ Materna - 3 scoops, 36gm or 1 stick pack

Salt - A pinch

Coarse Black Pepper - 1 teaspoon

Chopped Garlic - A pinch

Dry Parsley - 1 teaspoon

Dry Dill - 1 teaspoon

Mix Lettuce - 1 handful

Orange Segment

(for garnishing) - 2 pieces

Additional Sliced Ripe Avocado

(for garnishing) - ½ units

1. In a medium sized bowl, add ripe avocado, yogurt, lemon juice, Annum™ Materna, salt, coarse black pepper, & chopped garlic, blend it all well using a hand blender.

2. Next, add in parsley & dill, stir it all well.

3. Add a salad mixture in a bowl, stir in the prepared dressing, top with orange segments & sliced ripe avocado, and serve.

1 tsp.

