

Dill-icious Avocado Salad Dressing

Plantrician approved recipe by Andréa Dunnam



This salad dressing is as nourishing as it is flavorful! Creamy avocado provides heart-healthy monounsaturated fats and fiber to keep you feeling satisfied, while fresh lemon juice and vinegar offer a tangy dose of antioxidants that support digestion. Garlic brings powerful anti-inflammatory and immune-boosting properties, and dill adds a refreshing herbal twist packed with micronutrients like vitamin C and manganese. Drizzle it over leafy greens, grain bowls, or roasted veggies for a plant-powered upgrade your taste buds—and your body—will love.

Yield: 1 cup

Ingredients:

- 1 medium Ripe avocado, peeled and pit removed
- 2 T Fresh lemon juice (or lime juice)
- 2 T White wine vinegar (or apple cider vinegar)
- 2 tsp. Dijon mustard
- 1 tsp. Agave nectar
- 1 clove Garlic, peeled and minced
- ¼ tsp. Salt / salt alternative (optional)
- ⅛ tsp. Fresh black pepper
- ¼ cup Fresh dill (optional)
- ¼ cup Water

Directions:

- Scoop the avocado into a blender or food processor.
- Add lemon juice, vinegar, mustard, agave, garlic, salt/ salt alternative, pepper, and dill.
- Blend, adding water a little at a time until you reach your desired consistency.

-Taste, adjusting seasoning if necessary - more lemon for tartness, agave for sweetness, or dill for freshness.

-Store in an airtight container in the refrigerator for up to four days.

Recipe Author

Andréa Dunnam, Director of Events for The Plantrician Project, is a passionate plant-based cook known for her simple, approachable recipes and engaging live cooking demonstrations. At the International Plant-Based Nutrition Healthcare Conference (PBNHC), she helps curate the menu for the plant-based meals served throughout the event, bringing the power of lifestyle medicine to life through food. Special thanks to Avocados – Love One Today® for their generous support as a Gold Sponsor of PBNHC and their commitment to advancing health through nutrition.

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