

# Green Goddess Dressing

## Ingredients

1 avocado, medium sized  
1 large handful fresh basil (about 1 cup)  
¼ cup avocado oil (or olive oil)  
¼ cup water  
2 Tablespoons red wine vinegar  
1 Tablespoon white balsamic vinegar (or white wine vinegar)  
1 garlic clove

2 Tablespoons fresh chives  
2 to 4 Kalamata olives (or 1 teaspoon capers)  
a little ground black pepper  
pinch of sea salt  
optional:

2 Tablespoons hemp hearts plus 2 to 4 Tablespoons additional water

## Directions:

1. Blend all ingredients together in a high speed blender or use an immersion blender in a mason jar.
2. Start by adding ¼ cup of water as listed in the recipe, and you can then add a little more if you want a thinner consistency. If adding in hemp seeds you will need to add in little extra water too.
3. Note: I keep avocados in the freezer in small air tight baggies already peeled and chopped. This is such a great way to save ripe avocados for use later. I simply defrost the frozen avocado by putting the bag into a bowl of hot water.