

Avocado Benedictine Dip

Ingredients:

4 oz. low fat
cream cheese

1/2 ripe avocado

1 cucumber

1/2 Tbsp. grated
white onion

1/2 tsp. chopped dill

A pinch of salt

A pinch of cayenne
pepper

Water crackers (or
cracker of your choice)



Directions:

In a medium serving bowl, mash room temperature cream cheese and avocado together with a fork until smooth.

Using a cheese grater, grate 1/3 cup cucumber and 1/2 Tbsp. onion. Stir into cream cheese mixture.

Stir in dill, salt and cayenne until combined.

Serve with remaining cucumber slices and crackers.

Yields: 8 oz.

Serving size: 2 oz.

Calories per serving:

107 (with cucumber slices)

169 (with 5 crackers)

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