

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)

Yields: 8 oz.
Serving size: 2 oz.
Calories per serving:
107 (with cucumber slices)
169 (with 5 crackers)

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.

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