NaturesPlus

Lilantro Yogurt Dressing

INGREDIENTS

3/4 cup full-fat Greek-style yogurt

4 tbsp olive oil

3 tbsp rice wine or champagne vinegar

2 tbsp apple cider vinegar

1 tsp ground cumin

1 tsp chili powder

1 tsp sea salt

1 jalapeño, minced

1 shallot, minced

1/2 cup finely chopped cilantro

- In a blender or using a hand whisk, blend together the yogurt, olive oil, vinegars, cumin, chili powder and salt.
- 2. Stir in the jalapeño, shallot and cilantro; if the dressing is too thick, add more oil and vinegar. Will keep, refrigerated, for 3-5 days.

Yields: 1 cup

Source: The Mexican Keto Cookbook. Copyright © 2019 by Torie Borrelli. Published by Ten Speed Press, an imprint of Penguin Random House LLC.