



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

# AVOCADO SAUCE

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(Standard/Maintenance)

Makes 2 servings and covers your fat.



## AVOCADO SAUCE

1 avocado, roughly chopped

1/2 small red onion

1/2 tsp. garlic, minced

Juice of 1/2 lime

1/2 Tbsp. extra virgin olive or avocado oil

1/2 Tbsp. fresh cilantro, minced (optional)

Pink Himalayan salt & freshly-ground pepper, to taste

## INSTRUCTIONS

In a small bowl, mash the avocado until smooth. Add the remaining ingredients and stir until well-blended.