

Creamy Avocado Yogurt Dip

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-dip-recipe-using-greek-yogurt>

Ingredients:

- 1/2 cup fat free greek yogurt plain
- 2 avocados ripe, peeled and seeded
- 1 clove garlic minced
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon jalapeño pepper finely chopped seeded
- 2 tablespoons fresh lime juice
- 1/4 teaspoon ground cumin
- salt and ground black pepper to taste
- veggies
- tortilla chips
- pita chips