

Lime-Avocado Sauce

Swick

Makes 2 cups | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Preparing Your Mise en Place

- 2 ripe avocados
- 2 to 4 tbsp fresh lime juice*
- 1/2 cup fresh cilantro, loosely packed
- 1/4 to 1/2 jalapeño pepper*
- 1 clove garlic
- 1/4 tsp ground cumin
- 1/2 to 1 tbsp sweetener of choice, optional*
- pinch cayenne, optional

For the avocados, remove the core and then using a large spoon, scoop out the avocado.

Note: The amount of lime juice depends on how much lime-flavor you want and also what you are serving the sauce with. Try starting with 2 tablespoons and then go up from there.

For the jalapeño — for less spicy, remove the seeds, for spicier, leave the seeds in.

For the sweetener, we used coconut palm sugar, which adds a nice flavor to the sauce.

Step 2: Making the Sauce

- 1/4 to 1 cup water, approx*
- sea salt, to taste
- freshly ground black pepper, to taste

To make the sauce, add all the ingredients into a blender, along with about 1/4 cup of water and blend for a minute or so, or until creamy smooth.

Note: Start with 1/4 cup of water and then continue to add more until you reach the desired consistency. For a thicker sauce, you will obviously need less water and for a thinner, more dressing-like sauce, you will need to use more water.

Also, add more or less lime juice, depending on the desired tartness level. Lastly, taste for seasoning.

For a sauce with a bit more texture and color contrast, add the cilantro near the end of blending.

This sauce is best made the day it is going to be consumed, as it tends to lose its nice bright green color if stored for more than a few hours.

This sauce goes particularly well with these [Mushroom & Bean Enchiladas](#) and with this [Energy Bowl](#).