

Fat-Burning Green Goddess Keto Salad Dressing with MCT Oil



Prep Time

15 minutes

Total Time

15 minutes

Servings

5

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Blender or Food Processor



Nutrition

296 Calories

32g Fat

1g Protein

2g Net Carbs

Ingredients

- One large avocado
- ½ cup extra virgin olive oil
- 1/3 cup roughly chopped parsley
- ¼ cup apple cider vinegar
- 2-3 cloves of garlic
- 3 tbsp of fresh lemon juice
- 2 tbsp of Natural Force Organic MCT Oil
- ¼ tsp sea salt
- Dash of pepper

Instructions

1. Combine all ingredients in a food processor or high-powered blender. Blend on high until smooth and creamy.
2. Keep stored in an airtight container in the fridge for up to one week