



CILANTRO LIME AVOCADO DRESSING

"It goes on everything."

INGREDIENTS:

$\frac{1}{3}$ c. **Garbanzo Bean Flake** or
Navy Bean Flakes

1 c. hot water

1 bunch of Cilantro

1 lime or 2 t. lime juice

pinch of salt

-- *Cayenne pepper* or

-- *red pepper flakes (optional)*

DIRECTIONS:

1. Place all ingredients in food processor or blender. Pulse together. Taste test add more **salt** or **lime juice** to your own taste (spice it up add a **dash of Cayenne pepper** OR **red pepper flakes**).

Put on salads, wraps, burritos, and more.