BetterBody Foods

Avocado Oil Chimichurri

Prep: 5 min Cook: 0 min Total: 5 min Servings: 20

Calories: 37 Fat: 4g Protein: 0g Carbs: 1g Fiber: 0g

Ingredients

- 5 cloves garlic (minced)
- 1/4 Cup parsley (chopped)
- 1 large sprig of fresh oregano (or 1/2 Tbsp dried oregano)
- 1/2 Cup Avocado Oil
- 2 Tbsp rice vinegar
- 1/2 Tbsp crushed red pepper
- 1/4 Tbsp salt
- 2 Tbsp chopped cilantro (optional)
- 1 Tbsp fresh lime juice (optional)
- 1 jalapeno or terrano pepper, seeded and finely chopped (optional)

Directions

1. Simply combine all of the above ingredients in a bowl or food processor and mix until a saucy consistency is reached. It’s that easy!
2. Eat immediately and then transfer to an airtight container to refrigerate.
3. Enjoy your Avocado Oil Chimichurri!