



## Ingredients:

- 1 cup sour cream
- 1 garlic clove, minced
- 1 tsp chili powder
- $\frac{1}{2}$  tsp cumin
- <sup>1</sup>/<sub>4</sub> tsp cayenne pepper
- <sup>1</sup>/<sub>4</sub> tsp salt
- Juice of 1 lime
- 1 small avocado
- <sup>1</sup>/<sub>4</sub> tsp pepper

## Method:

- 1. Mix all ingredients together in a blender or food processor until smooth and creamy.
- 2. Add salt and pepper to taste, if needed.