



Feta, Green Garlic & Avocado Dip

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This dip is perfect with [homemade veggie chips!](#)

Ingredients

- 4 ounces crumbled feta cheese (preferably sheep's milk)
- 1-2 stalks green garlic, ends removed and coarsely chopped
- 1 ripe avocado, diced
- 1/2 jalapeno pepper, seeded and coarsely chopped
- 1 tablespoon fresh chopped mint
- 1 tablespoon fresh chopped cilantro
- 1 tablespoon olive oil
- 6 ounces non-fat Greek yogurt (or sour cream would work too)
- 2 tablespoons fresh squeezed lemon juice
- sea salt & fresh ground pepper, to taste

Instructions

- Combine first seven ingredients in food processor (feta down to olive oil) and pulse until finely chopped and well combined.
- Stir into yogurt (or sour cream) and add lemon juice. Season to taste with sea salt and pepper. Refrigerate for 30 minutes to allow flavors to combine. Serve with [veggie chips](#), warm bread or crudites.

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