

Transformation Sauce

c/o marissarothkopf.substack.com

Makes about 2 1/2 cups

What You'll Need

- 3/4 cup (150 grams) Icelandic or Greek yogurt
- 1/2 cup (100 grams) feta cheese, drained
- 3 tablespoons lemon juice
- 4 tablespoons olive oil
- 1 small ripe avocado, peeled and pitted
- 1 cup (20 grams) parsley and/or parsley and cilantro
- 2 tablespoons chopped chives
- 1 tablespoon chopped dill
- 2 tablespoons basil leaves
- 2 cloves garlic, roughly chopped
- salt and pepper to suit your taste

What You'll Do:

1. Add all the ingredients into a blender (anything from a NutriBullet to a food processor will do) and blend until smooth. My blender tends to balk and give up after one whirl (it has one job! and yet!), so I add a few tablespoons of water to loosen the mixture. Blend until reasonably smooth.
2. Taste and adjust salt, lemon and herb balance.
3. Keep refrigerated in an airtight jar for 4 to 5 days.