

Mojo Verde

Yield: 16 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic

Ingredients

1 serrano chili, halved and seeded
1 poblano, halved and seeded
1 green bell pepper, halved and seeded
4 garlic cloves
1 oz sherry vinegar
1 bunch parsley, stems removed
1 bunch cilantro, stems removed
4 oz avocado oil
Salt, kosher (to taste)
Pepper (to taste)

Directions

1. Place the peppers, garlic (4 cloves), and vinegar (1 oz) in a blender and purée.
2. Add the parsley and cilantro to the blender and purée again. You may need to add a little water to fully liquify all ingredients. Add water very slowly. The mixture should be as thick as possible.
3. Slowly add avocado oil (4 oz) while the blender is running to emulsify.
4. Season with salt and pepper to taste.



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Nutrition Facts

Serving size 1 (1oz)

Amount Per Serving **30g**

Calories **70**

% Daily Value

Total Fat 7.2g **11%**

Saturated Fat 0.8g **4%**

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **0%**

Sugars 0g

Protein 0g **1%**

Vitamin A **14%**

Vitamin C **32%**

Calcium **1%**

Iron **2%**