

Chicken Wing Dipping Sauces

The following was provided by local blogger Abby Thome of [The Thome Home](#).

Creamy Blue Cheese Dipping Sauce

Ingredients

- 1 cup mayo
- 3/4 cup sour cream
- 1 tbsp. apple cider vinegar
- 1 1/2 tsp. sugar
- 1 tbsp. lemon juice
- 1 tsp. garlic powder
- 1 tsp. kosher salt
- 1/2 tsp. ground pepper
- 4 oz. crumbled blue cheese



Method

1. Whisk together all of the ingredients listed above, except for the blue cheese. Once all of the other ingredients are fully incorporated, gently stir in the blue cheese. Store in an airtight container in the fridge until you are ready to serve.

Creamy Green Goddess Dipping Sauce

Ingredients

- 2 avocados
- 1 jalapeño, rib and seeds removed
- 1 cup parsley
- 1/2 cup cilantro
- 1/2 cup green onion
- Juice of 2 large lemons
- 1/2 cup water
- 1/2 cup avocado oil
- 1/2 cup walnuts
- 2 cloves of garlic
- 1 heaping tsp. kosher salt
- 1/2 tsp. ground pepper

Method

1. In a food processor, blend all ingredients together until the sauce is a nice creamy consistency. Store in an airtight container in the fridge until ready to serve.

Note: This dressing is incredible for dipping. Pairing with fish or chicken. Or placing a huge dollop onto any salad you are enjoying!