

Avocado is a great source of fat and fiber for those on a Keto Diet, and tastes delicious. Keto Avocado Dip is one dip that you can eat plenty of. Enjoy!

Servings - 8

Prep Time - 15 Mins | Cook Time - N/A | Total Time - 15 Mins

Difficulty - Easy



Cuisine - Mexican

RECIPE

KETO AVOCADO DIP

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Medium Sharp Knife](#)

[Mixing Bowls](#)

[Rice Serving Bowls](#)

INGREDIENTS

1 Medium Avocado

2 Tsp Lime Juice

[1/4 Tsp Himalayan Salt \(Ground\)](#)

[Pinch of Black Pepper \(ground\)](#)

[Pinch of Cayenne Pepper, ground](#)

1 Clove Garlic crushed

[1/8 Tsp Paprika Powder, smoked](#)

1 Tbsp Cilantro chopped finely

2 Tbsp Spring Onions/scallions thinly sliced

1 Tbsp Sour Cream

METHOD

Cut the avocados in half, prize open and remove the seed from the middle of the fruit.

Scoop the soft flesh of the avocado into a bowl and mash with a fork until only small lumps are left.

Add the remaining ingredients and mix gently until the ingredients are fully incorporated.

SERVING SUGGESTIONS

Serve with Keto Cheese and Crispy Onion Crackers, or Keto Chorizo Chips.

STORAGE

This dish should be eaten fresh.

NUTRITION FACTS

Per serving : 32 g | Calories 50 | Protein 0.7 g | Fat 4.5 g | Carbs 3 g | Fiber 1.9 g

Net Carbs : 1.1 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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<https://www.forhealthandlonglife.com/recipes>