

Keto Mexican Avocado Dip

This low-carb dip is an easy-to-make snack that maximises flavour while still being keto-friendly.



Snack

American

5 min

Total time

Easy

Difficulty

91

kcal / serving

Ingredients

- 1 ripe avocado, 1 tablespoon keto-friendly salsa, 2 tablespoons olive oil, 1/4 teaspoon of chili powder, 1/4 teaspoon of garlic powder, Salt and pepper to taste.

Steps

- 1 In a blender or food processor, blend the avocado until creamy.
- 2 Add the salsa, olive oil, chili powder, garlic powder, and salt and pepper and blend until fully combined.
- 3 Serve with vegetables or keto-friendly chips.