

# Avocado Lettuce Cups



Avocado Lettuce Cups are a light, healthy dish featuring creamy avocado, fresh veggies, and a crisp lettuce base—perfect for a low-carb snack or appetizer

## Ingredients for 2 serving (US/Metric)

- 1 *pieces* **Avocado**
- 34g / 1.2oz **Red Onions**
- 1 *pieces* **Garlic Cloves**
- **Cilantro**
- 113g / 4oz **Romaine lettuce**
- 2.5 *tbsp* **Olive oil**

## **Nutrition (US/Metric)**

- **Protein:** 3%
- **Fat:** 90%
- **Net carbs:** 7%

## **Instructions**

1. In a medium sized bowl, mash the avocado.
2. Add the remaining ingredients and stir until well mixed.
3. Spread 2-3 tablespoons of the mixture onto lettuce leaves and wrap. I like to use butter lettuce or red leaf lettuce.