

Avocado with Sea Salt



Simple snacks often turn out to be amazingly delicious like an avocado; halved and sprinkled with flaky sea salt. Personally, my favorite topping would be togarashi/furikake!

Ingredients for 2 serving (US/Metric)

- 2.5 *pieces* Avocado
- Sea salt

Nutrition (US/Metric)

- **Protein:** 5%
- **Fat:** 89%
- **Net carbs:** 5%

Instructions

1. Take a medium-sized avocado, slice in half, & discard the pit.
2. Season with some sea salt or your choice of low-carb seasoning.