

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.