

# Italian Herbed Avocado Slices



Italian Herbed Avocado Slices are a simple yet flavorful snack that combines creamy avocado with a sprinkle of Italian herbs and a dash of lemon. This snack is perfect for a quick energy boost or a light appetizer.

## Ingredients for 2 serving (US/Metric)

- 1.5 *pieces* Avocado
- 1.5 *tbsp* Lemon juice
- 2.5 *tsp* Italian seasoning
- 1.5 *tbsp* Olive oil
- Salt & pepper to taste

## Nutrition (US/Metric)

- **Protein:** 4%
- **Fat:** 90%
- **Net carbs:** 6%

# Instructions

- Prepare Avocado: Slice the avocado and arrange the slices on a serving plate.
- Season: Drizzle with lemon juice and olive oil. Sprinkle with Italian seasoning, salt, and pepper.
- Serve: Enjoy immediately as a fresh, flavorful snack.