

Keto Olive Tapenade



This Keto Olive Tapenade is a rich, savory spread made from a blend of black and green olives, capers, and anchovies. Perfect for spreading on low-carb crackers or as a dip for vegetables, it's a versatile addition to your keto snack repertoire.

Ingredients for 2 serving (US/Metric)

- 62g / 2.2oz **Black Olives**
- **Green olives**
- 4.5 *tsp* **Capers**
- 10g / 0.4oz **Anchovies**
- **Garlic Cloves**
- 2.5 *tbsp* **Olive oil**
- 1.5 *tbsp* **Lemon juice**
- 7 *tsp* **Fresh parsley**

Nutrition (US/Metric)

- **Protein:** 3%
- **Fat:** 94%
- **Net carbs:** 3%

Instructions

- **Blend Ingredients:** In a food processor, combine all ingredients except parsley. Pulse until coarsely chopped for a rustic texture or blend until smooth for a creamier spread.
- **Finish:** Stir in chopped parsley by hand for added texture and freshness.
- **Serve:** Serve with keto-friendly crackers or sliced vegetables.