

## **Cilantro-Lime Avocado Dip** [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This recipe makes enough for 2 people.

Mashed avocado makes a great dip for veggies, whole grain or seed crackers, and baked tortilla chips. It's also a scrumptious sandwich spread.

To spice up your go-to avocado dip, try adding fresh cilantro and lime juice.

### **Ingredients:**

1 avocado, skin and seed removed, diced

1 lime, juiced

2 tablespoons (6 grams) of fresh cilantro

sea salt to taste

**Directions:** In a mixing bowl, mash the avocado with a fork. Add the lime juice, cilantro, and salt, then mix until combined.

**NUTRIENTS PER SERVING:** Calories: 148 Protein: 2 grams Carbs: 17 grams Fat: 11 grams