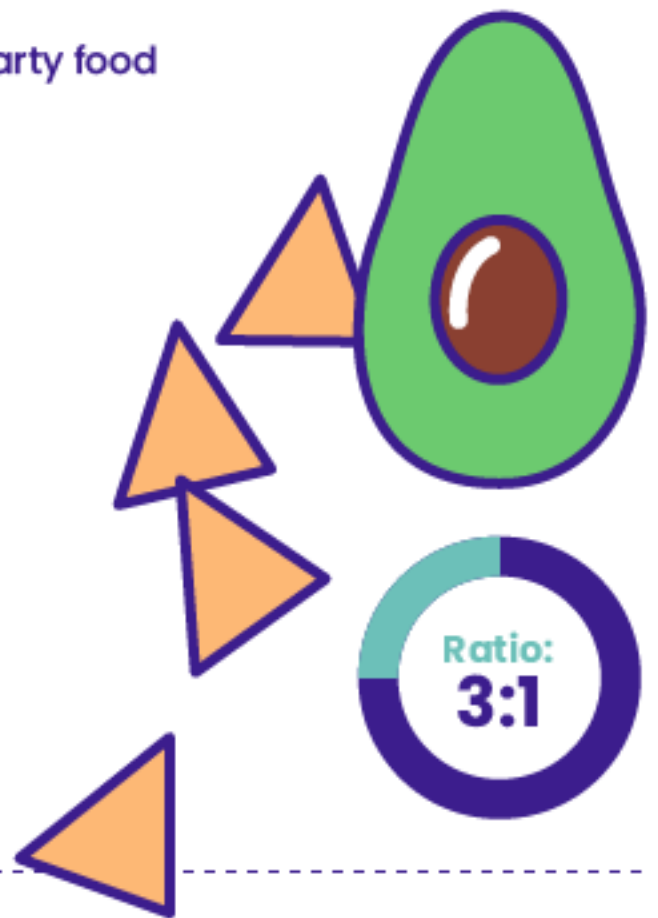


Avocado dip with nachos

Description: great for lunch boxes or party food

Ingredients:

- 25g Lo-Dough bases
- 52g avocado, average, flesh only
- 6g onions, raw
- 1tsp olive oil
- 3g lemon juice, fresh
- 10g coriander leaves, fresh
- 8ml KetoCal 4:1 LQ (unflavoured)



Directions:

1. Cut the Lo-Dough bases into wedges and brush with the oil on both sides. Bake on a lined sheet at 170°C for 8–10 minutes until crisp and golden brown.
2. In a bowl, mash the avocado with a fork, then mix in the lemon juice and KetoCal. Season to taste with salt and pepper.
3. Chop the onion and coriander, then add to the avocado.
4. Serve the dip with the nachos.

Nutritional information (for entire recipe):

- Carbohydrate: 3.67
- Calories: 253
- Fat: 22.5
- Protein: 3.82
- Ratio: 3:1

Disclaimer:

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.

