

Healthy Keto Avocado Hummus

Hands-on 10 minutes Overall 2 hours 10 minutes

Nutritional values (per serving, 1/4 cup/ 55 g/ 1.9 oz): Total carbs: 5.9 g, Fiber: 3.5 g,

Net carbs: 2.4 g, Protein: 2.6 g, Fat: 21.9 g, Calories: 216 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings, 2 cups)

1 cup unsalted [macadamia nuts](#) (134 g/ 4.7 oz)

1 large avocado (200 g/ 7.1 oz)

2 cloves garlic, sliced

2 tbsp [tahini paste](#) (32 g/ 1.1 oz)

1/2 tsp sea salt, or to taste

3 tbsp fresh lime juice (45 ml)

2 tbsp [extra virgin olive oil](#) (30 ml)

Optional: fresh cilantro, to taste

Instructions

1. Place the macadamia nuts in a container and fill with filtered water until they are submerged. Soak at room temperature for at least 2 hours or overnight.
2. Strain and rinse the macadamia nuts after soaking and discard the soaking liquid.
3. Peel the avocado and remove the seed. Peel and slice the garlic. Optionally, add fresh cilantro.
4. Place all the ingredients into a food processor and process until smooth.
5. Transfer into a bowl and drizzle olive oil on top. Garnish with more cilantro leaves. Serve with freshly chopped vegetables such as peppers, celery sticks and carrots. Store in an airtight container in the fridge for up to 5 days.

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