

Keto Avocado & Basil Dip

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 6.8 g, Fiber: 4.8 g, **Net carbs: 2.1 g**,

Protein: 2.1 g, Fat: 21.1 g, Calories: 212 kcal,

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



Ingredients (makes 6 servings)

2 large avocados, peeled and seeds removed (400 g/ 7.1 oz)

4 tbsp [extra virgin olive oil](#) (60 ml 2 fl oz)

large bunch of fresh basil (50 g/ 1.8 oz)

juice from 3/4 of 1 medium lemon (about 3-4 tbsp)

1/2 tsp [apple cider vinegar](#)

1/8 tsp salt

1/4 tsp cracked [black pepper](#)

2 tbsp [pine nuts](#) (20 g/oz)

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Serving Suggestions:

[Cheesy Keto Crackers](#)

[Keto Rosemary & Onion Crackers](#) (dairy-free)

[Grain-free Spinach Crackers](#)

[Keto Kale Crackers](#) (dairy-free)

[Keto Tortilla Chips](#) (dairy-free)

Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted). Place the pine nuts on a baking tray and roast for 6 minutes until golden. Alternatively, dry-roast on a hot skillet for a few minutes, mixing frequently.
2. Remove the skin and stone from the avocados. Place the avocado meat, 3 tablespoons of extra virgin olive oil, fresh basil (reserve some for topping), lemon juice, apple cider vinegar, salt, pepper and pine nuts (reserve some for topping) in a [high speed food processor](#).
3. Blitz until smooth and then transfer into a bowl.
4. Top with the remaining pine nuts, fresh basil and 1 tablespoon of olive oil. Option to add a touch more salt and pepper to taste. Serve immediately or store covered in the fridge for up to 5 days.

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