Keto Vegan Taco Stuffed Avocados

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 1/2 avocado): Total carbs: 13.9 g, Fiber: 8.6 g,

Net carbs: 5.3 g, Protein: 5 g, Fat: 31.6 g, Calories: 336 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

2 tbsp avocado oil *or* extra virgin olive oil (30 ml)

1/2 cup cauliflower rice (60 g/ 2.1 oz)

1/2 cup crushed walnuts (58 g/ 2 oz)

1 chipotle chili in adobo sauce, minced (14 g/ 0.5 oz)

1/2 tsp cumin

1/2 tsp sea salt

2 large avocados, halved (400 g/ 14.1 oz)

Salsa:

1 roma tomato, diced (100 g/ 3.5 oz)

1 jalapeno pepper, minced (14 g/ 0.5 oz)

1 tbsp minced onion (20 g/ 0.7 oz)

1 tbsp minced cilantro

1/2 small lime, juiced (15 ml)

sea salt, to taste

Chipotle Mayo (optional):

2 tbsp paleo mayonnaise *or* vegan mayonnaise (55 g/ 1.9 oz)

1 tbsp adobo sauce (14 g/ 0.5 oz)

Instructions

1. Start by making the salsa by combining all of the ingredients in a small bowl, set aside. Prepare the cauli-rice. You can use a hand grater or place the cauliflower in a food processor and process until it resembles rice (use a grating blade or the S blade).

2. Optionally, if you're making the chipotle mayo topping, mix together the mayonnaise and adobo sauce in a small bowl, set aside.

3. Heat the oil in a medium skillet over medium heat. Add the cauliflower, walnuts, chipotle pepper, cumin, and salt to the skillet.

4. Cook 5 minutes until the cauliflower has softened and the walnuts are toasted.

5. Divide the walnut mixture between the halved avocados. Top with salsa and chipotle mayo to serve.

6. Serve immediately or store in the fridge for up to a day. The filling can be stored in a sealed container in the fridge for up to 5 days.

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