

Avocado Cream

THM-Friendly: S

This stuff. It goes on just about everything. Eggs, tacos, salad, toast, just straight in your mouth. It's a SUPER simple topper that is just plain AWESOME.

- 1/2 avocado (or 1/4 cup avocado chunks from frozen and thawed)
- 3 Tbsp. non-fat plain Greek yogurt
- 1/2 tsp. Creole seasoning
- a splash of lemon juice

Add all the ingredients to a food processor or chopper.

Zing them up well.

Slather it on everything.

enJOY!

