

---

# Lemon Avocado Butter



Low Carbe Diem  
[go HOME](#)

Servings: 2

6 ozs avocado (approx 2 small avocados)

1 tbsp lemon juice

2 ozs unsalted butter, softened

1 clove garlic, minced

1 tbsp cilantro, freshly chopped

2 tbsps cumin, ground

salt and pepper, to taste

Peel and pit the avocados. Place all ingredients into a food processor until well combined.

Refrigerate in a container for 3 to 4 hours. Whip with a fork before serving. (optional) Top with bacon, herbs or lemon zest.

- OR -

Pour mixture onto a sheet of parchment paper, and shape into a log. Place in the refrigerator for 3 to 4 hours. Slice and serve with grilled fish, steak or chicken.

---

Per Serving: 234 Calories; 25g Fat (91.8% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber.

Copyright: LowCarbeDiem.com