

AVOCADO "YOGURT" DIP

Recipe makes
2 servings

Prep time
5 minutes

NUTRITION INFO PER SERVING (1/2 Recipe)

Calories 90

Protein 1.1 g

Phenylalanine 50 mg



INGREDIENTS

2/3 cup avocado, diced

1 tsp lemon juice

2 Tbsp dairy free yogurt
alternative, plain

DIRECTIONS

- 1 Add all ingredients to a medium-sized bowl.
- 2 Mash with a fork until smooth.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website [VitafloUSA.com](https://www.vitaflousa.com) and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2023 Nestlé.



Enhancing Lives Together
A Nestlé Health Science Company