



## Avocado Lemon Butter Sauce

- 6 oz ripe avocado meat (approximately 2 small avocados)
- 1 tbsp lemon juice
- 2 oz unsalted butter, softened
- 1 garlic clove, minced
- 1 tbsp freshly chopped cilantro leaves
- 2 tbsp ground cumin
- Kosher salt and freshly ground black pepper

Peel and pit the avocados. Place all ingredients into a food processor, and process until well combined. Refrigerate in a container for 3 to 4 hours. Whip with a fork and serve.

Place 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.

**98.5% Fat**

**Tot Recipe:** Cal: 585, Fat: 64g, Net Carbs: 1.9, Pro: 2.5g