

## NUTRITIONAL KETO AVOCADO FRIES AND DIPPING SAUCE

Prep Time 10 minutes	Cook Time 10 minutes	Total Time 20 minutes	Servings 6
----------------------	----------------------	-----------------------	------------

Great side dish or appetizer, serve hot or room temperature.

### Ingredients for fries:

3 Avocado  
½ cup Almond flour  
3 tablespoons pork rinds, ground  
¼ cup grated parmesan cheese  
½ teaspoon seasoned salt  
1 teaspoon parsley, dried  
½ teaspoon garlic powder  
1 egg beaten  
Avocado oil for frying

### Sauce ingredients, mix and store in frig until ready to serve:

½ cup mayonnaise  
1 tablespoon prepared horseradish  
1 teaspoon smoked paprika  
1 teaspoon garlic powder  
1 teaspoon seasoned salt  
2 tablespoon lemon

### Instructions:

1. Cut avocados into 8 length wise pieces.
2. Mix all dry ingredients in one bowl.
3. In another bowl 1 egg beaten.
4. Heat avocado oil in a frying pan in medium high heat.
5. Dip each piece of avocado in egg and then in dry ingredients, shake off excess dry mixture.
6. Place in hot oil and turn when golden brown to other side. Fry in small batches and place on paper towel until all avocado slices are fried.