LO-DOUGH AVOCADO WRAP

- 28g LO-DOUGH bread alternative
- 35g Avocado
- 10g Lettuce
- 15g Mayonnaise – HELLMANN’S

Slice or chop the avocado (make sure it is ripe), and mix it with the mayo. You can add seasoning or dried herbs for flavour.

Wrap the filing with the lettuce in the Lo-Dough wrap.

The wraps can be used straight from the packet.

Mo’s tip: easily adapted to other filings.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION