

Keto Kitchen at Boston Children's Hospital

Avocado Lime Slaw

Ratio 3.1:1, 5 servings

Net CHO 8/PRO 2.7/FAT 34/KCAL 353

Avocado Aioli:

Mayonnaise	150g
Avocado, ripe	292g
Canola oil	22g
Lime Juice	100g
Dijon Mustard	16g
Water	262g
Black Pepper	2g
Salt	7g



Slaw Mix:

Green Cabbage, shredded	142g
Red Cabbage, shredded	142g
Carrots, shredded	190g

Equipment needed: gram scale, blender, rubber spatula, medium bowl, cutting board, knife

1. Gather and weigh/prepare all ingredients.
2. In a blender, combine all ingredients for avocado aioli and blend until smooth.
3. In a separate bowl, add slaw mix.
4. Using a rubber spatula, scrape all the avocado from the blender onto top of the slaw, blend well.
5. Serve immediately or store in refrigerator until serving.



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