



## PROTEIN-PACKED AVOCADO FIESTA DIP

Protein-Packed / Low-Carb / Keto-Friendly / Gluten-Free

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### INGREDIENTS:

- 2 ripe avocados, peeled and pitted
- 1 scoop of MariGold Unflavored Whey Protein Isolate
- 1 small red onion, finely diced
- 1-2 cloves garlic, minced
- 1-2 tomatoes, diced
- 1 jalapeño pepper, finely chopped (adjust to your desired level of heat)
- Juice of 1 lime
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste
- Optional: A pinch of cayenne pepper or smoked paprika for added flavor

### DIRECTIONS:

1. In a mixing bowl, mash the ripe avocados with a fork until you reach your desired level of creaminess. Some prefer it slightly chunky, while others like it smoother.
2. Gently fold in the unflavored Whey Protein Isolate into the mashed avocados.
3. Stir in the diced red onion, minced garlic, diced tomatoes, finely chopped jalapeño pepper, and fresh cilantro.
4. Squeeze the juice of one lime over the mixture to brighten up the flavors. Season with salt and pepper to taste. For an extra kick, consider adding a pinch of cayenne pepper or smoked paprika.
5. Gently mix all the ingredients until well combined. Then, cover the bowl with plastic wrap, ensuring it touches the surface of the guacamole to prevent browning. Chill in the refrigerator for about 30 minutes to let the flavors meld.
6. When ready to serve, transfer the Protein-Packed Avocado Fiesta Dip to a serving bowl.



Featuring MariGold  
Unflavored Whey Isolate  
Protein Powder  
([MariGoldFoods.com](http://MariGoldFoods.com))

