



Easy Keto Crab or Shrimp Dip

This chilled Keto Crab or Shrimp Dip is perfect for your next party or gathering! It's so easy to make with a few simple ingredients and takes a few minutes to whip up. We love scooping ours onto a keto cracker.

Recipe:

8 oz Cream Cheese
2 teaspoons Avocado Mayo
2 teaspoons Grated Onion
1 teaspoon Worcestershire Sauce
1 teaspoon Lemon Juice
1 Cup Chopped Crab or Shrimp
1 Hard boiled Egg, diced
Salt and pepper to taste

Optional:

Keto Crackers



Add all ingredients except crab or shrimp in a bowl and whip together. Once ingredients are mixed well, fold in 1 Cup Chopped Crab or Shrimp. We do use real crab - usually we'll make it with crab with leftovers from our Christmas Dinner (we always have crab legs!). Then the rest of the year we use shrimp.

Use real crab or shrimp - imitation crab has too many carbs!

Enjoy!

(Macros for Shrimp)

Serving Size 8

Macros: Calories: 130 Fat: 10g, Carbs: 3g, Fiber: 0g, Protein: 6g

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