# Avocado Walnut Lettuce Cups

*Refreshing crisp lettuce cups filled with creamy avocado and crunchy walnut mix, perfect for a light, protein-packed snack or meal.*

**Servings:** 2 **Time:** 15 minutes

## Ingredients

- 1 ripe avocado
- 1/2 cup walnuts, chopped
- 1/4 cup red onion, finely diced
- 1 tablespoon fresh lime juice
- 1 tablespoon plain Greek yogurt
- 1 teaspoon olive oil
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- 6 large butter lettuce leaves
- Optional: chopped fresh cilantro for garnish

## Instructions

1. In a medium bowl, mash the avocado until smooth but slightly chunky.
2. Add the chopped walnuts, red onion, lime juice, Greek yogurt, olive oil, and garlic powder to the mashed avocado.
3. Mix thoroughly, then season with salt and pepper to taste.
4. Gently rinse and pat dry the lettuce leaves.
5. Spoon the avocado walnut mixture evenly into each lettuce cup.
6. Garnish with chopped cilantro if desired and serve immediately.

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