

# Simple Avocado Salad

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado (cubed)  
1 tbsp Extra Virgin Olive Oil  
1/8 Lemon (juiced)  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Iron	1mg
Fat	21g	Vitamin D	0IU
Carbs	9g	Folate	82µg
Fiber	7g	Magnesium	29mg
Protein	2g	Zinc	1mg
Vitamin C	11mg		

## DIRECTIONS

01 Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

## NOTES

RECIPE ID 208

NO LEMON

Use lime juice or apple cider vinegar instead.