



MASHED AVOCADO SPINACH SALAD

Calories:87

Carb:5.7g

Fat:7.1g

Protein:1.9g

Servings:3

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 1 medium avocado
- 50g tomatoes
- 80g spinach
- 1 lime juice
- Salt and pepper to taste

DIRECTIONS

- 1. Mash the avocado with the help of a fork. Slice the tomatoes into pieces.*
- 2. Put tomatoes, mashed avocado and spinach in a bowl, squeeze over the lime.*
- 3. Sprinkle over salt and pepper, enjoy!*