



AVOCADO SALAD

Calories:111

Carb:6.9g

Fat:8.9g

Protein:2.8g

Servings:5

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 2 medium avocado
- 1 medium tomato
- 1 medium onion
- 1 medium cucumber
- 80g lettuce
- 4 tbsp silken tofu
- 1 tbsp lemon juice
- Pinch basil
- Pinch rosemary
- 4 tbsp water
- Salt and pepper to taste

DIRECTIONS

- 1. Cut the avocado, cucumber, tomatoes and onion into pieces. Roughly chop the lettuce.*
- 2. In a mixing bowl put water, tofu, lemon juice, basil, rosemary, salt and pepper.*
- 3. Puree the dressing ingredients with an immersion blender or with a hand mixer.*
- 4. Place all the sliced salad ingredients in a mixing bowl, pour over the dressing.*
- 5. Whisk and toss to combine well, enjoy!*