

Cucumber & Avocado Salad

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Cucumber (sliced)
1/2 Avocado
1 1/2 tsps Lemon Juice
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

DIRECTIONS

01 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 186 | Carbs | 15g |
| Fat | 15g | Protein | 3g |