

AVOCADO TOMATO SALAD (QUICK & EASY)

Preparation time: 8 minutes | Per serving: 390 calories

INGREDIENTS (2 SERVINGS):

2 Avocados
4 mid-sized or 6 small tomatoes
2 scallions / green onions
2 tbsp lemon juice
2 tbsp olive oil extra virgin
1 small garlic clove, finely chopped
or crushed
Sea salt, fresh pepper

DIRECTIONS:

1. Put garlic and oil in a bowl, add lemon juice and stir well.
2. Cut scallions into fine rings and put them in the bowl, too.
3. Now season with salt and pepper, stir again and put aside.
4. Cut avocado into strips and tomatoes into bite-sized pieces and arrange on a plate.
5. At last pour dressing over the salad.



INFO: Avocados contain 80% fats yet don't let your belly grow. They provide six times more energy than sugar or proteins – and effectively neutralize harmful acids inside the body.