

Recipe for



Avocado Tomato Salsa

SERVES 1

PREP TIME/TOTAL TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 224

Fat 15 g

Protein 5 g

Carbohydrates 23 g

Fiber 9.9 g

INGREDIENTS

1/2 avocado diced

2 medium sized tomatoes chopped

1/2 small red onion chopped

2 cloves garlic minced

1/4 tsp red chili powder

1/2 jalapeno diced

1/3 cup of chopped cilantro

Juice of 1 lime

1/4 tsp of salt

DIRECTIONS

Dice/chop avocado, tomatoes, red onion, jalapeno and cilantro

Combine with other ingredients

Mix all the ingredients in a bowl and enjoy.