

Recipe for

Stuffed Cucumber Avocado Boat



SERVES 1

PREP TIME/TOTAL

TIME Approx 10 min/ 15 min

NUTRITION INFORMATION

Total Calories 462.8

Fat 30.8 g

Protein 10 g

Carbohydrates 47.9 g

Fiber 21.1 g

INGREDIENTS

1 avocado

1 tsp of lemon juice

1 cup of diced tomato

2 medium cucumbers

1/4 cup diced red onions

1 tbsp chopped cilantro

1 tbsp raw pumpkin seeds

DIRECTIONS

Cut cucumbers in half through the center vertically, and then cut in half again horizontally.

Gently scoop out cucumber seeds into a bowl. Add avocado flesh, lemon juice, diced tomato, diced red onion and chopped cilantro into bowl.

Scoop out mixture from bowl and fill the cucumber with the mixture to make a cucumber "boat."

Sprinkle pumpkin seeds over cucumber avocado boats

May add spices such as smoked paprika, pepper, turmeric, parsley, cumin

