

# Recipe for



## Avocado and Cucumber Roll

SERVES 1

PREP TIME/TOTAL

TIME Approx 10 min/ 15 min

### NUTRITION INFORMATION

Total Calories 324

Fat 29 g

Protein 5.3 g

Carbohydrates 25.8 g

Fiber 14 g

### INGREDIENTS

1 mashed avocado

1 tsp of lime juice

1/2 cup of diced tomato

1/4 cup shredded carrots

1 tbsp diced red onions

1-2 tbsp chopped cilantro

1 tbsp sunflower seeds

### DIRECTIONS

In a bowl mash avocado with a fork

Add 1 tbsp of lime juice

Chop 1-2 table spoon of cilantro, 1 tbsp red onions, 1/2 cup tomatoes and

1/4 cup shredded carrots combine with avocado

Add 1/4 tsp salt, 1/4 tsp of paprika and 1 tsp of sunflower seeds.

Mix ingredients

Take 1 cucumber and slice into several long thin strips.

Place a thin coat of avocado mixture (guacamole) along the full length of the

cucumber strip. Roll the the strip carefully into a roll.