

Apple Avocado Salad- Gluten Free Oshkosh Community YMCA

This gluten free Apple Avocado Salad is the side dish for any meal and only takes minutes to make and only four ingredients.

INGREDIENTS:

- 1 apple
- 1 avocado
- ½ lemon juiced
- Pinch Smoked Salt and Pepper Blend or your favorite salt



INSTRUCTIONS:

1. Slice avocado in half and remove the seed. Scoop avocado out from the skin into a bowl and mash with a spoon or fork, or cut into cubes in the skin before scooping out.
2. Remove apple core and slice apple into 1/2 inch pieces. Add to bowl of mashed avocado.
3. Add the lemon juice and a large pinch of smoked salt and pepper blend to the avocado and apple and stir until everything is mixed together.

Notes

- Add chopped chicken to make this a full meal on its own.
- Add walnuts or pecans for an additional crunch and to make it more filling.
- Add other vegetables like tomatoes to make it even more nutritious!

NUTRITION

Calories: 108kcal | Carbohydrates: 12g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Sodium: 4mg | Potassium: 311mg | Fiber: 5g | Sugar: 5g | Vitamin A: 98IU | Vitamin C: 14mg | Calcium: 12mg | Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.