

SuperCharged Avocado Salad Ingredients:

2 handfuls of organic baby spinach

1 large avocado sliced

1/4 red onion diced

1/2 cucumber diced

1/4 green bell pepper diced

1/4 yellow bell pepper diced

1/4 orange bell pepper diced

1/4 red bell pepper diced

1 carrot diced

1 celery stalk sliced

1/2 lemon squeezed or 1-2 tsp of apple cider vinegar

2 tbsp of extra virgin olive oil

1 tbsp of Italian herbs – oregano, basil & thyme

Pink salt to taste

Instructions: Get a big bowl and put spinach in the bottom. Then add all the diced veggies and [avocado](#). Be sure to swish it around so everything is as evenly distributed throughout the salad as possible. Then squeeze lemon over the whole recipe.

You can also use raw Apple Cider Vinegar (ACV) or both lemon and ACV. Then add olive oil, herbs and salt to taste. Enjoy!

Thanks to Dr Jockers for the recipe!