BetterBody Foods

Cucumber Avocado Salad

Prep: 10 min Cook: 0 min Total: 3 hr 10 min Servings: 4

Calories: 152 Fat: 8g Protein: 2g Carbs: 16g Fiber: 5g

Ingredients

- 1/4 cup unseasoned rice vinegar
- 1/4 cup BBF Avocado Oil
- 2 Tbsp water
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 Tbsp sugar
- 1 clove garlic, minced
- 1 English cucumber, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 pint cherry or grape tomatoes, halved
- 1/4 cup finely chopped fresh basil (or a combination of basil and mint)
- 3 Tbsp fresh chopped chives
- 2 large avocados, halved, pitted, and diced

Directions

1. In a large bowl, whisk the vinegar, avocado oil, water, salt, black pepper, sugar, and garlic. Add the cucumber, bell pepper, tomatoes, basil, and chives. Cover and refrigerate until ready to serve (up to 3 hours). Right before serving, gently fold in the avocados, being careful not to mash them. Taste and adjust seasoning, if necessary.
2. Enjoy your Cucumber Avocado Salad!