

Bean Salad

Prep Time: 4 minutes

Bean Salad Recipe:

2 ripe avocados

1 tomato

1 cucumber

Handful kidney beans (as many as desired)

Handful garbanzo beans (as many as desired)

Celtic sea salt to taste (optional)

Instructions:

Combine ingredients. Add lettuce of your choice. Top with carrots and beets.

Note: Great with red pepper dressing available at QFC-organic section

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org