

Avocado Salad With Rosemary

Ingredients

- 2 Cups avocado, diced
- 1 Cup tomatoes, seeded and diced
- 1 Cup clover sprouts
- 1 Tbs rosemary
- 1 ½ Tbs lemon juice
- 1 ½ Tbs garlic, minced
- 1 tsp Celtic Sea salt (www.TryVRP.com)

Preparation:

Combine all ingredients in a bowl, leaving a slightly chunky consistency.



Avocado Tomato Salad

Ingredients

- 1 avocado, mashed
- 1 tomato, finely diced
- ½ Cup dulse (www.TrySunFoods.com)

Preparation:

Combine all ingredients in a bowl and mix well. Serve on a bed of lettuce or favorite sprouts. Also great served on top of quinoa or black beans.

For more great healthy recipes like this, check out my “Optimal Energy Recipes” downloadable e-Cookbook at www.RoseCole.com/Cookbook!

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Exotic Guacamole

Ingredients

- 2 ripe avocados
- 1 tomato, diced
- 2 Tbs lemon juice
- ½ tsp hing (a dry herb)
- ½ tsp cumin
- ½ tsp Celtic Sea salt (www.TryVRP.com)

Preparation:

Blend all the ingredients except for the tomatoes either by hand or in a blender. Then mix in the tomatoes in last so it's chunky.



Mexican Guacamole

Ingredients

- 2 ripe avocados
- 1 tomato, diced
- ¼ Cup cilantro
- 2 Tbs lemon juice
- ¼ tsp Cayenne pepper or paprika
- ½ tsp Celtic Sea salt (www.TryVRP.com)

Preparation:

Mash all the ingredients together in a bowl with a fork until mixed well.

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