



Avocado Salsa

by The Mindfully Scientific Mama

Ingredients

- 3 Avocados
- 3 Plum Tomatoes
- 1 Red Pepper
- Juice of 1/2 to 1 lemon (depending on how much citrus you like; I prefer juice of 3/4 lemon)
- 1 Small Red Onion
- 1/4 cup Cilantro
- 2 Tbsp Olive Oil
- 1 tsp Chilli Powder (you can use a bit more if you really like heat)
- 1/4 tsp Cumin
- 1/4 tsp Honey
- Salt & Pepper to taste
-

PREPARATION: 5 MINUTES

COOKING: 0 MINUTES

READY IN: 5 MINUTES

SERVES: 4-6

Directions

- Cut avocado into approximately 3/4 inch cubes or chunks. Place in a large mixing bowl.
- Dice tomatoes, red pepper, and red onion, and add to the mixing bowl.
- Finely chop cilantro, and add to the mixing bowl. Then add the chili powder, cumin, lemon, and honey.
- Lightly stir the ingredients to mix. Add salt and pepper to taste, and stir again.
- If you plan to store the salsa, drizzle oil on top, but do not stir. Place plastic wrap on top of the salsa, and up the sides of the bowl, to form a seal. Allowing the salsa to sit for a few hours improves flavors, but is not essential. If you plan to use the salsa immediately, stir the oil into the mixture, and serve.