

## COMBINING RIGHT RECIPES

### Neutral

#### **Avocado and green leaf salad – serves 1**

A selection of salad leaves (pre-mix or spinach, watercress, rocket or any dark lettuce leaf)

1 ripe Avocado, sliced

2 spring onions, finely chopped

6 walnut halves

2 mushrooms

fresh parsley

dressing:

juice of ½ lemon

1 tbsp extra virgin olive oil

1 clove garlic, crushed

freshly ground pepper and sea salt to taste

Place salad leaves on a serving plate and arrange all the other ingredients on the bed of lettuce. Combine all dressing ingredients in a jar and shake until well blended. Pour over salad.