

SPINACH-CARROT-AVOCADO SALAD

Makes 2 Servings

3 cups baby spinach leaves
1 avocado, diced
1 tomato, diced
1 carrot, sliced**
4 thin slices red onion
Juice from 1 lemon
2 tbs hemp seeds or walnut pieces
Sea salt to taste

1. Place the baby spinach leaves on the bottom of a plate or salad bowl.
2. Place the carrots on top of the spinach leaves.
3. Lightly mix together the chopped avocado, tomatoes, and onions.
4. Place the avocado mixture in a mound on top of the bed of spinach.
5. Mix lemon juice and the salt in a small bowl and pour over the salad (to taste).
6. Sprinkle hemp seeds on top of the salad.

**A vegetable peeler will make length-wise “ribbon” slices or you can thinly slice them.

<p>This satisfying salad has a high concentration of lutein and zeaxanthin, and a good source of Vitamins A, C, and E, zinc, and essential fatty acids. These nutrients support eye health.</p>
