



Radish Cucumber Avocado Mint Salad

Yield: Serves 4-6

Total Time: 5-15 minutes

Ingredients:

- 2 Cucumbers
- 1 Radish Bunch
- 2 Avocados
- 2 Lemons
- 6 Sprigs of Fresh Mint
- Pink Himalayan Sea Salt

Equipment Needed:

- Cutting Board/mat
- Knife
- Peeler
- Serving Dishes

Prep:

- Rinse 6 sprigs of fresh mint, remove mint leaves and set aside, discard stems
- Rinse 1 radish bunch and discard leaves, set radishes aside
- Slice 2 avocados in half lengthwise, remove the pit and discard pit, set avocados aside
- Peel 2 cucumbers and set aside
- Slice 2 lemons in half, remove and discard seeds, and set sliced lemons aside

Directions:

- Get a cutting board/mat and knife
- Slice the radishes and cucumbers into ½ inch slices and set aside
- Slice the avocados into ¾ inch cubes and set aside
- Get serving dishes
- Place 1 sliced radish onto the plate, then place 1 sliced cucumber on top of the radish, and add 1-2 mint leaves on top of the cucumber and top with ¾ inch avocado slice
- Repeat this process until you have 5 radish cucumber avocado mint pieces on a dish, should yield 4-6 servings
- Squeeze a little bit of fresh lemon juice onto each plate ensuring each radish cucumber avocado mint piece has a drop or two of lemon juice
- Add a couple of dashes of Pink Himalayan Sea Salt depending on your preference to each dish (I usually add about 5 small dashes per dish)
- Serve

**** Season to suit your taste buds. *****