Lunch, American

Avocado Orange Salad with Mint and Almonds

Sweet orange slices and creamy avocado are paired with thin slivers of red onion and fresh mint, then dressed with a zesty lime mixture and finished with toasted almonds for crunch.

25 min	200	19 g	10 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 4 servings

- [ ] 1 1/2 tbsp extra virgin olive oil
- [ ] 2 tbsp lime juice
- [ ] 1/2 tsp unsweetened multi-use syrup
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 3 large orange (peeled and sliced)
- [ ] 1 med avocado (sliced)
- [ ] 1 small red onion (thinly sliced)
- [ ] 1/4 cup fresh mint (chopped)
- [ ] 1/4 cup slivered almonds (toasted)

Method

- [ ] **1** Whisk the extra virgin olive oil, lime juice, unsweetened multi-use syrup, salt, and black pepper together in a small bowl until blended.
- [ ] **2** Shingle the orange slices, avocado slices, red onion, and chopped fresh mint across a serving platter.
- [ ] **3** Drizzle the dressing evenly over the arranged salad, then scatter the toasted slivered almonds over the top.

Nutrition Facts

Per serving

Calories	**200**
Total fat	14 g
Saturated fat	2 g
Sodium	125 mg
Total carbs	19 g
Fiber	6 g
Total sugars	10 g
Protein	3 g

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