Snack, Latin American

Berry Salsa with Avocado and Lime

A chunky fruit salsa that pairs juicy strawberries and blueberries with creamy avocado, crisp red onion, fresh cilantro and a gentle kick of chili powder.

40 min	35	7 g	3 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free | Nut free

Ingredients, 5 servings

- [ ] 1/4 tsp chili powder
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp salt
- [ ] 1 tbsp fresh lime juice
- [ ] 1/4 cup fresh cilantro (minced)
- [ ] 1/4 cup red onion (diced)
- [ ] 1/4 med avocado (diced)
- [ ] 1/2 cup frozen strawberries (thawed and drained)
- [ ] 1/2 cup frozen blueberries (no sugar added, thawed and drained)

Nutrition Facts

Per serving

Calories	35
Total fat	1 g
Saturated fat	0 g
Sodium	120 mg
Total carbs	7 g
Fiber	2 g
Total sugars	3 g
Protein	0 g

Method

- [ ] 1 Dice the avocado and red onion, mince the fresh cilantro, and thaw and drain the frozen strawberries and frozen blueberries.
- [ ] 2 Place the strawberries, blueberries, avocado, red onion and fresh cilantro in a small bowl.
- [ ] 3 Add the fresh lime juice, then sprinkle in the chili powder, black pepper and salt.
- [ ] 4 Toss everything gently until evenly combined.
- [ ] 5 Serve right away, or chill in the refrigerator for 30 minutes to let the flavors blend before serving.

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