

Avocado, Strawberry & Almond Salad

Not your typical fruit salad!

Ingredients

- 1 small avocado, sliced
- 5 or 6 strawberries, sliced
- ¼ cup slivered almonds, toasted
- ¼ tsp butter

Dressing:

- 1 tsp. honey
- 1 tsp. olive oil
- 1 tsp. lemon juice



Directions

1. Toast almonds over medium heat in skillet with ¼ tsp. butter. Set aside to cool.
2. Slice avocado & strawberries into small bowl.
3. Mix together dressing ingredients and pour over fruit.
4. Stir and top with almonds.

Makes 4 servings

Nutrition Facts:

Calories	159
Total Fat	14g
Total Carbohydrates	8g
Dietary Fiber	4.5g
Protein	2.5g