



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: Nil

Serves: 4

GARDEN **SALAD**



INGREDIENTS

- 1 cup baby spinach leaves
- 1 cup mixed lettuce leaves
- 2 medium tomatoes, cut into 8
- 1 medium red capsicum, diced
- 4 spring onions, thinly sliced
- 1 tbsp coriander, finely chopped
- 1 avocado, peeled and diced 1cm pieces
- 2 stalks celery, sliced into 1cm pieces
- 2 kaffir lime leaves, very finely chopped

METHOD

- Combine all ingredients into a large bowl and mix thoroughly.
- Serve chilled.
- This will keep for several days without dressing or oil on it.
- Lovely served with olive oil and black pepper or with my **salad dressing**.