

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

Scott Mathias

www.scottmathiasraw.com

Avocado Filled With Spicy Salsa

Ingredients

1 whole avocado cut in half and de-stoned

1 medium size Tomato

1 small red Onion

1/2 Med Lebanese Cucumber

½ Green Bell or Banana Pepper

Juice of 1 Lime

Apple Cider Vinegar -ACV

Macadamia Oil



Instructions

Dice the tomato, red onion, cucumber and pepper and place in a mixing bowl. Add the juice or equivalent of one whole lime (lemon will suffice) add a splash of ACV – apple cider vinegar and macadamia oil and season.

Taste. When you feel you have the right balance then you are ready to go.

Place avocado in a small serving dish or bowl and scoop out a little more of the centre of avocado and spoon in the diced mixture. You can garnish if you wish but I tend to just grind some cracked pepper over the top and eat!!

Quick, simple and healthy!!