

# A VOCA DO SALAD

## AVOCADO



Cubed Avocado

1 Piece

## FRUIT or VEGGIE



Hearts of Palm (sliced)



Diced Apple



Diced Mango



Diced Cucumber



Diced Ticama

1 Piece

## ONION

Green (chopped)



or Red (Finely sliced)

To taste

## OIL & ACID



Olive Oil



Lemon or Lime

-OR-  
Vinegar



Coat Well  
Generous Splash

## SEASONINGS

Sea Salt  
&  
Black Pepper



To taste