

# Fats Avocado Salad

## Description

Visit an organic market! Combining olives with avocados is a powerful mixture. This is a trace mineralizer (wild greens and natural salts are loaded with trace minerals) and a bone builder (as fats help with the assimilation of calcium).

## Ingredients

- 4 Handfuls of wild greens (dandelion, lambs quarters, malva, mustard, etc. All organic.
- 2 Avocados
- 40 Olives
- 2 tbsp organic, extra-virgin, stone pressed olive oil or helpseed oil.
- 1 pinch sea salt or pink Himalayan salt

## Instructions

Mix in a salad

## Notes

## Summary

**Yield:** 1

**Prep Time:** 5 minutes

**Category:** Salads

**Tags:** salad, high-alkaline, Healthy