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).

Summary

Yield: 1
Prep Time: 5 minutes
Category: Salads
Tags: salad, high-alkaline, Healthy

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