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Wellness Ideas for Everyday Living.

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Beet & Avocado Appetizer

Makes 2 cups

Ingredients:

1 large avocado, diced
1 cup cooked beets, diced
1/4 cup water chestnuts, diced
1/4 cup green onions, thinly sliced
10 cured olives, diced
1/4 cup packed spinach, chopped
2 mushrooms, diced
1 tablespoon avocado oil
1 tablespoon balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon fresh or dried basil
Salt and pepper to taste

Directions:

1. Mix together all the ingredients. Let rest in fridge for at least 1 hour.
2. Serve with whole grain crackers.

Note: This appetizer could also be served as a topping to chicken or fish; use as a condiment for wraps.