

Avocado-Sprout Salad

(inspired by Nomi Shannon's *The Raw Gourmet*)

Serves 2.

- 1 cup organic alfalfa sprouts
- 1 cup bean sprouts
- 1 / 2 cup diced celery
- 1 / 2 cup diced Vidalia onion (the sweet one)
- 1 / 2 cup thinly sliced carrots
- 1 red pepper, diced
- 4 tsp lemon juice
- 1 tsp coconut aminos (tastes like soy sauce, not coconut)
- 1 -2 avocados, diced

Coconut aminos are a soy-free, gluten-free version of soy sauce. Look for them at your local health food store

Since calories from fats take longer to digest than calories from complex carbohydrates, avocados will satisfy hunger quickly which prevents overeating.

In a small bowl, combine all ingredients except avocado and toss thoroughly . Add the avocado and mix gently. Serve on a lettuce leaf.