

## Avocado Salsa

### Ingredients

1 medium avocado, cut in small chunks  
1/2 cup diced fresh tomatoes  
1/2 cup diced yellow or red bell pepper  
1/4 cup diced red onion  
1/4 cup chopped cilantro  
Juice of half one lime (or more to taste)  
1/2 tsp sea salt (or to taste)  
1-2 tsp chipotle or chili pepper (or to taste)

### Directions

Mix all ingredients together, blending liquid well while ingredients remain chunky.

*Serving suggestion: Serve as a side to grilled fish or chicken!*



## Watermelon Refresher

Serves 5

### Ingredients

1 cup watermelon, cut into 1-inch cubes  
1 cucumber, sliced  
5 mint leaves  
1/2 cup ice

### Directions

Blend watermelon and cucumber. Pour into individual glasses and garnish each glass with a mint leaf.  
Serve cold.