

VITALITY

Sensational Salads

Avocado Cucumber Salad



Ingredients:

- 1 Medium size Cucumber
- 1 Large Avocado
- Onions
- 1 Tbsp. Lite ranch dressing (optional)
- Salt and pepper to taste

Directions:

Chop onions, slice the avocado and cucumber and combined all ingredients together then add salt and pepper to taste. Enjoy.