



## Avocado Citrus Snack

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- 1 Avocado (ripe but firm)
- ½ Pink Grapefruit, sectioned
- 1 tsp Fresh Marjoram
- 1 tsp Olive Oil
- Dash Himalayan Salt

1. Combine avocado, grapefruit, marjoram, olive oil and salt.
2. Stir and serve immediately
3. Enjoy!



### **Health Benefits:**

- **Avocado** is rich in monounsaturated fat and is excellent for brain function and has been shown to lower cholesterol. It is also high in dietary fiber and vitamin C which helps to support stress management
- **Pink Grapefruit** is high in vitamin C. The hue of the grapefruit indicates the amount of lycopene (red highest). It has been shown to lower cholesterol which is critical for managing stress.
- **Himalayan Salt** is a smart choice and with over 80 minerals is healthy. It has less sodium than traditional table salt (per serving). Because it formed naturally it is less processed keeping many of the minerals intact.