

Food Babe's Avocado & Carrot Salad



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	25 mins	40 mins	2

<https://foodbabe.com/avocado-carrot-salad>

Ingredients:

- 10 carrots, peeled and sliced
- 2 tablespoons extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 pinch sea salt
- 1 avocado, peeled, seeded, and diced
- 2 tablespoons fresh lemon juice
- ¼ cup fresh cilantro, chopped
- 4 cups mixed greens
- 1 pinch fresh ground pepper, to taste

Instructions:

1. Heat the oven to 400° F.
2. Toss the carrots with the olive oil, cumin, coriander, salt and pepper and place on a baking sheet. Bake for 25-30 minutes or until the carrots are soft and golden brown.
3. Take out of the oven and place the carrots in a bowl. Add the avocado, lemon juice and cilantro and toss to combine. Season with salt and pepper, if needed. Serve over the mixed greens or with grilled chicken or fish. Enjoy!

Notes:

- Please use all organic ingredients if possible