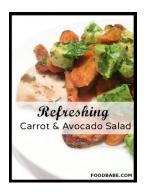
## Food Babe's Avocado & Carrot Salad

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
- 1/4 teaspoon ground coriander
- 1 pinch sea salt
- 1 avocado, peeled, seeded, and diced
- 2 tablespoons fresh lemon juice
- 1/4 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