





ARE YOU READY FOR A DELICIOUS AND NUTRITIOUS LUNCH? SAY HELLO TO OUR

Tropical Mix Green Salad!



Ingredients:

- 2 cups of fresh spinach leaves.
- 1 medium-sized carrot, peeled and sliced.
- 1/2 cucumber, sliced.
- 1 ripe avocado, diced.
- 1/4 red or yellow onion, diced finely.
- 1 medium-sized tomato, diced.
- 1/2 cup of fresh pineapple chunks.
- 1/4 cup of mixed nuts (almonds, cashews, walnuts)

Whether you're looking for a quick and easy lunch or a refreshing side dish, this salad has got you covered. So, let's get blending and indulge in this culinary masterpiece!

Instructions:

- 1.** Rinse the spinach leaves and pat dry with paper towels. Tear the leaves into bite-sized pieces and place them in a large salad bowl.
- 2.** Add the sliced carrot, sliced cucumber, diced avocado, and diced yellow onion to the bowl.
- 3.** Toss in the diced tomato and fresh pineapple chunks.
- 4.** Sprinkle the mixed nuts on top of the salad.
- 5.** Drizzle your favorite dressing over the salad and toss everything together until well combined.
- 6.** Serve immediately and enjoy your delicious and nutritious Green Salad Mix!