

## AVOCADO SALAD

This truly delicious and filling avo treat is a clear example of the fact, that a sophisticated dressing, inspired by Ayurveda, does real magic.

### INGREDIENTS:

- 2 large ripe avocados
- 1 large ripe "toro" tomato
- handful of pistachios

#### DRESSING:

- 3 Tbsp goat kefir (or plant based)
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 Tbsp Tahini paste
- 1 tsp maple / agave syrup
- 1 chopped spring onion
- 1 tsp dried basil
- 1 tsp dried marjoram leaves
- 1 tsp ground turmeric
- salt & pepper

### HOW TO DO IT:

1. Prepare all the ingredients.
2. Chop halved and pitted avocados and tomato into chunks and put it in a big bowl with a handful of pistachios.
3. Mix all the ingredients for the dressing in a glass jar, you can add 1 Tbsp of filtered water if too thick. You can store the rest of the dressing in the fridge for 2-3 days.
4. Mix all together with the salad ingredients, top with sesame seeds and serve with Zucchini Mini Cakes or Baked Falafel.

