

Asparagus Mint Salad

Delicious and fresh tasting. Enjoy!

Serves 2-3

Ingredients:

2 small avocados, chopped
1/2 pound asparagus tips
1 sweet pink grapefruit, peeled, seeded and diced
2 sweet oranges, seeded and diced
2 C chopped fresh spinach
1/3 C sprouts (I use alfalfa or lentil), cut
Juice of 2 limes
2-3 T fresh mint, minced fine
2 T green onions, chopped fine
1 T Liquid Aminos



Preparation:

Toss all ingredients together in a large bowl and enjoy.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>