



Altertrade Philippines Inc.

HEALTHY FOOD Recipes

Asian Cucumber Tomato Avocado Salad

- 🕒 Prep time: 15 mins
- 🕒 Total time: 15 mins
- 🍴 Serves: 4

Ingredients

- 1 large cucumber, peeled and cubed
- 2 tomatoes, seeded and cubed
- 2 avocados, peeled, pitted and cubed
- 1/2 red onion, peeled and sliced thinly
- 1/2 coconut vinegar
- 2 tablespoons olive oil
- 2 tablespoons Mascobado Sugar
- 2 teaspoons salt

Instructions

In a large bowl, combine cucumbers, tomatoes, avocados, and red onions.
In a small bowl, combine coconut vinegar, olive oil, Mascobado sugar, and salt. Whisk together until sugar and salt are dissolved.
Add dressing to cucumber salad and gently toss to distribute. Refrigerate for about 10 to 15 minutes and serve immediately.

Serve with hot Brown Rice.

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