



# GREEN DETOX SALAD

## INGREDIENTS

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

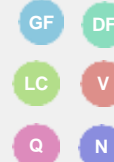
## PREPARATION

*In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.*

*Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.*



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
315 kcal  
24g Fats  
19g Carbs  
10g Protein