

Savory “Fruit” Salad

2-3 Avocados cubed
3 tomatoes chopped
1 medium cucumber peeled and chopped
1 can or 2 cups black (cooked & rinsed)
½ cup sliced black olives
1 cup dressing



Mix avocados, tomatoes and cucumber with hummus together well THEN add black beans last stirring them in lightly and gently. Black beans tend to turn the dressing brown and will not look nice, but it still tastes excellent. Alternatively use garbanzo beans (chickpeas) or northern white beans or kidney beans so the dressing remains light colored and the salad presents well for aesthetics.

Ingredients for the dressing base:

1 cup nuts / seeds
1 ¼ cup water
½ tsp salt
3 tbsp lemon juice (fresh is always best)
½ tsp onion powder
¼ tsp garlic powder

Blend in blender until VERY creamy and smooth