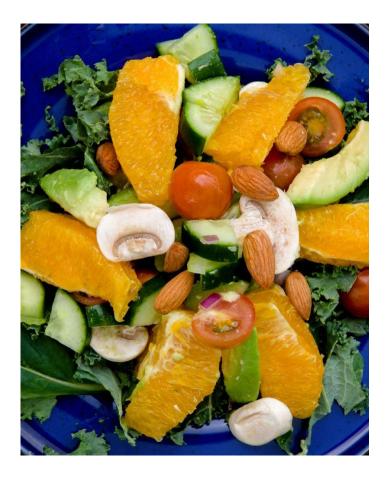
Simple Citrus Salad

No. of Serves: 2



Ingredients

- 1 small celery stalk, chopped
- 1/2 cup cherry tomatoes, chopped
- 1 cup kale, chopped
- 3 white button mushrooms. sliced
- 1 medium orange, peeled and segmented
- 1⁄4 cup almonds
- 1/4 small red onion, finely chopped
- 1/2 cup of freshly squeezed orange juice
- 1/4 avocado, peeled and chopped

Method

• To see the method for the <u>Simple Citrus Salad</u> and for more healthy eating ideas, please visit <u>Smart</u> <u>Eating for a Healthier You</u> on the Dietitians Association of Australia website.

