

Cranberry-Avocado Salsa

*Cleansing cranberries and the healthy fats in avocados make this fun salsa surprising and anti-inflammatory. Try it with home-made tortilla chips!
This recipe was adapted from a recipe by Molly Rapozo, MS, RD.*

- 1 tablespoon fresh lime juice
- 2 tablespoons honey
- 1 minced jalapeno (seeds and membrane removed for less heat)
- ¼ cup chopped red onion
- 2 ripe avocados
- ¾ cup fresh, halved cranberries, drained well on paper towels
- 2 tablespoons chopped, fresh cilantro
- Sea salt and ground black pepper, to taste

In a large bowl, whisk together lime juice and honey. Add the jalapeno and red onion. Toss to combine.

Add the remaining ingredients (avocados, cranberries, cilantro, salt and pepper) and mix gently.

Prep time: 20 minutes
Makes 8 servings