

EMILY'S AVO SALAD

INGREDIENTS

- 1 ripe mashed avocado
- 6 iceberg lettuce leaves
- 1 large tomato
- 8 black or green olives
- Half a capsicum (red/orange/green)
- 8 small cubes of feta cheese

DIRECTIONS

1. First cut your lettuce leaves into short strips.
2. Chop up the capsicum into small squares.
3. Then cut the tomato into squares and place it around the outside of the capsicum.
4. Next put small blocks of feta on top of the peppers.
5. Decorate with black olives.
6. Lastly, mash the avocado and then add salt for taste.
7. Place avocado on top of the lettuce.

THIS RECIPE WAS
CREATED AND MADE BY
EMILY (AGED 8) FROM
THE UK.

“WHEN I MADE THIS
SALAD, I FELT HAPPY
BECAUSE IT WAS FUN TO
MAKE AND I WAS EXCITED
TO EAT IT! I LOVE THE
COLOURS OF MY
HEALTHY SALAD AND IT
WAS REALLY FRESH AND
YUMMY!”

