



HYDRATING AVOCADO SALSA

Serve with hydrating vegetables

Skin Concern:



Dehydration

Murad Method™ Skin Health Plan

This recipe was specially developed to keep your skin hydrated and supple. It will encourage you to Live Better by providing your body with high-quality nutrition without needlessly stressing about food choices.

Hydrating Avocado Salsa

Serve with hydrating vegetables, such as cucumbers, celery, radishes, broccoli, carrots, cherry tomatoes, carrots and peppers. (Serve chilled)

- **1 medium avocado**, chopped into medium-sized chunks
- **1/2 bunch coriander**, chopped finely
- **3 to 4 tomatoes**, chopped into small cubes
- 1 tablespoon **lemon juice** (about 1 lemon)
- 1 teaspoon **extra virgin olive oil**
- Pinch of **reduced sodium sea salt** to taste

Avocados are known for their healthy monosaturated fat content that helps make your skin glow with hydration. They are an excellent source of lutein, a carotenoid with potent antioxidant properties.

Olive Oil is rich in vitamin E and healthy fats, which help hydrate the skin from the inside out.