

Raw Avocado Salsa Yield: 2 1/2 cups (2 to 3 servings)

(from Trinity Yoga's Raw Cooking Classes)

2 Roma tomatoes, finely diced
1 avocado, peeled, seeded, and finely diced
1/2 cup finely diced pineapple
1/2 cup cucumber, peeled, seeded, and diced
1/4 cup chopped cilantro, packed
1 green onion, thinly sliced
2 tablespoons finely diced red onion
1/2 red jalapeño pepper, seeded and minced
1 1/2 teaspoons lime juice
1/4 teaspoon crystal salt

- Combine all of the ingredients in a large bowl, and stir to mix.
- Store in an airtight container in the refrigerator for up to twelve hours