

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Fruit and Avocado Salsa



2 avocados, peeled, pitted and diced

2 kiwi, peeled and diced

4 large strawberries, top and core removed and diced

1/3 cup fresh pineapple, diced

1/4 red onion, finely diced

Juice of 1 lime

1/2 teas salt

Cayenne pepper to taste

In a large bowl, mix all ingredients well and place in fridge for 1 hour to allow the flavors to meld. Serve with seed crackers, or flax tortilla chips. Also great on fish tacos.