

# Pomegranate Salsa

1/3 purple onion diced  
1-2 garlic cloves diced  
1-2 avocados chopped  
1 pomegranate shelled into pieces  
1 lime juiced  
1/4 cup cilantro or parsley chopped  
(optional)  
Real or Himalayan salt to taste  
Pinch of cayenne (optional)

Prepared and dice all the above ingredients and combine in a bowl. Serve over a bed of spinach or salad or some low heated grains. This is sooo tasty!

Recipe by Kelly Pomeroy

