

Shrimp & Avocado Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
2. While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
3. Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add chopped cilantro or chopped peanuts to the dish.

No Coconut Aminos

Use tamari or soy sauce instead.

More Flavor

Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.

Menopause Support

Healthy fats from avocado and omega 3 fatty acids found in shrimp help to maintain cognitive function and reduce hot flashes and night sweats.

Ingredients

- 1 tsp Avocado Oil
- 10 ozs Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lime Juice
- 1/4 tsp Honey
- 1/2 tsp Coconut Aminos
- 4 cups Arugula
- 1 Carrot (shredded)
- 1/2 cup Radishes (thinly sliced)
- 1 Avocado (sliced)