

# Cranberry-Avocado Salsa

*Cleansing cranberries and the healthy fats in avocados make this fun salsa surprising and anti-inflammatory. Try it with home-made tortilla chips!*

*This recipe was adapted from a recipe by Molly Rapozo, MS, RD.*

- 1 tablespoon fresh lime juice
- 2 tablespoons honey
- 1 minced jalapeno (seeds and membrane removed for less heat)
- ¼ cup chopped red onion
- 2 ripe avocados
- ¾ cup fresh, halved cranberries, drained well on paper towels
- 2 tablespoons chopped, fresh cilantro
- Sea salt and ground black pepper, to taste

In a large bowl, whisk together lime juice and honey. Add the jalapeno and red onion. Toss to combine.

Add the remaining ingredients (avocados, cranberries, cilantro, salt and pepper) and mix gently.

**Prep time: 20 minutes**

**Makes 8 servings**