

Smoked Salmon Salad



This inviting bowl of Smoked salmon salad has a delicious creaminess well-matched with the refreshing spinach, mild seasoning, crunchy sprouts, and zesty topping.

Ingredients for 2 serving (US/Metric)

- 397g / 14oz **Lox Salmon**
- 3 cup **Spinach**
- 2 pieces **Avocado**
- 6 *tbsp* **Cream cheese**
- **Lemon**
- **Alfalfa sprouts**
- 4 *tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 22%
- **Fat:** 76%
- **Net carbs:** 2%

Instructions

1. Scoop out the buttery avocado flesh in a bowl after cutting it in half and discarding the pit.
2. Mix the salmon and spinach with the avocado.
3. Drizzle the oil; add the cream cheese, salt, and pepper. Mix well!
4. Serve topped with lemon slices and sprouts.