Avocado & Tomato Olive Oil Stack

Fresh avocado and juicy tomato slices drizzled with rich extra virgin olive oil, seasoned with herbs for a light, nutritious snack perfect for weight management.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 teaspoon fresh lemon juice
- 1 tablespoon chopped fresh basil

Instructions

1. Slice the avocado into 1/4 inch thick slices and arrange them on a plate.
2. Slice the tomatoes into 1/4 inch thick slices and layer them alternately with avocado slices.
3. Drizzle the extra virgin olive oil evenly over the avocado and tomato layers.
4. Sprinkle sea salt, black pepper, and fresh basil on top.
5. Finish with a light drizzle of lemon juice for a fresh zing.
6. Serve immediately, or chill for 10 minutes before serving.

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