

Cucumber Caprese Salad

2 cucumbers - seeded and sliced in 1/4" slices
1 pint grape tomatoes - quartered
1 avocado - diced
5 baby sweet bell peppers (or two large orange bell peppers) - seeded and diced
2 TBS basil - chopped

Dressing:

1 TBS extra virgin olive oil
2 TBS balsamic vinegar
1 tsp garlic powder
S&P to taste

Combine cucumbers, tomatoes, avocado, bell pepper and basil in a large bowl. Mix together evoo, vinegar, garlic powder, salt and pepper in a small bowl. Drizzle over veggies and toss to coat. Best served immediately.

Blueberry Crumble - from cookbook "Practical Paleo", copy of recipe can be found at:

<http://balancedbites.com/2013/06/easy-recipe-fresh-blueberry-crumble.html>

I used grassfed Kerrygold butter instead of coconut oil and walnuts instead of macadamia nuts.