

Chickpea and Avocado Salad

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients:

- ½ cup canned chickpeas, rinsed
- ½ ripe avocado, cubed
- 1 small tomato, diced
- 1 Tbsp minced red onion
- Juice of ½ lime
- 1 tsp olive oil
- Pinch of cumin and sea salt
- Optional: fresh cilantro or parsley for garnish

Steps:

1. Combine chickpeas, avocado, tomato, and red onion in a bowl.
2. Drizzle with lime juice and olive oil.
3. Sprinkle cumin and sea salt; toss gently to combine.
4. Garnish with cilantro or parsley if desired.
5. Serve immediately as a salad or stuff into a whole-grain wrap.

Nutrition Highlights:

- Calories: 250 kcal
- Protein: 8 g
- Fiber: 9 g
- Healthy fats: 12 g

Health Benefits:

- Chickpeas provide fiber for stable digestion and sustained energy.
- Avocado offers monounsaturated fats that support hormone balance and reduce cortisol spikes.
- Tomatoes add antioxidants and vitamin C for stress hormone regulation.
- Olive oil supports heart health and anti-inflammatory effects.
- Quick and nutrient-dense, ideal for managing stress belly naturally.

Pro Tips:

- Use ripe avocado for creamy texture.
- Rinse canned chickpeas thoroughly to remove excess sodium.
- Add a squeeze of extra lime or a pinch of chili flakes for flavor variations.
- Serve immediately to prevent avocado browning.