

# **Avocado Cabbage Lime Detox Crunch**

## **Ingredients:**

- 1 cup shredded green cabbage
- ½ ripe avocado, diced
- Juice of 1 lime
- 1 tbsp chopped cilantro
- 1 tsp olive oil
- Pinch of cumin (optional)
- Sea salt to taste

## **Instructions:**

1. In a large bowl, combine cabbage, avocado, and cilantro.

2. Squeeze lime juice, drizzle olive oil, and season with salt and cumin.

3. Toss gently and serve immediately for crunch.

**Detox Benefits:**

Cabbage supports liver detox and digestion. Avocado provides healthy fats for nutrient absorption. Lime boosts liver function.