

## **Paraguayan Avocado & Corn Bowl**

### **Ingredients:**

- ½ cup boiled corn
- ¼ avocado, mashed
- ½ cup red beans
- 1 tbsp lime juice
- ¼ cup diced cucumber
- Fresh parsley

### **Instructions:**

1. Mix corn, beans, and cucumber.
2. Top with mashed avocado and lime.
3. Add parsley before serving.

### **Benefits:**

Hydrating and energizing, good for detox and heart health.