

Easy Cucumber Salad Recipe

- 2 large cucumbers
- 1 red onion, sliced
- 1/3 cup apple cider vinegar
- 1/4 cup water
- A few drops of liquid stevia, optional
- 1 teaspoon Himalayan sea salt
- 1 teaspoon black pepper



1. Slice each cucumber in 1/4 inch slices and add to a large bowl.
2. Add in the sliced red onion (sliced into half-moon and toss to combine)
3. In a mason jar or small bowl whisk together the apple cider vinegar, water, liquid stevia (if using), salt, and pepper. Pour the dressing mixture over the cucumber and onion and toss to fully coat/combine. Keep in the fridge until ready to serve. Enjoy!

Makes 2 servings.

Serving Size = 2 cups vegetables

Enjoy with 1 cup of on plan fruit & 3 oz protein to complete the meal.

