

## Creamy Avocado Roll-Ups

3 English cucumbers	½ teaspoon sea salt
3 ripe avocados	Freshly ground pepper
2 tablespoons freshly squeezed lemon juice	3 tablespoons fresh parsley
¼ cup capers	3 tablespoons fresh dill



*(Fold along the line)*

1. Cut each cucumber in half lengthwise. Using a mandoline, slice the cucumbers into long, thin slices.
2. Cut avocados in half, discarding the skin and pit. In a large bowl, mash the avocado until you get a slightly clumpy consistency. Add lemon juice, and mix until combined. Fold in capers, sea salt, pepper, parsley, and dill.
3. Lay the cucumber slices flat, and add a few spoonfuls of the avocado mixture. Begin rolling the cucumber, being careful to not squeeze out the avocado mixture (add more avocado spread, as needed). Use a toothpick to hold the roll-up together, and sprinkle with a little salt.
4. Continue this process until all the avocado mixture is used, and serve immediately.

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*(Cut along the line)* 