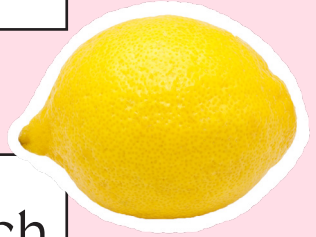


Borage with avocado and spinach



1	Roughly chop 2 cups of spinach
2	Dice one avocado
3	Top and tail 50gr of snow peas and chop into inch-sized piced
4	Combine vegetables in a bowl, dress with half of a lemon juice
5	Top with 2 cups of borage



bon appetit!

