

# Caesar Salad with Avocado

**Calories:** 42 kcal

**Servings:** 1

**Time:** 10 Mins

## Ingredients

- 50.00 g Avocado
- 2.00 slices Bacon
- 15.00 g Cheese (Parmesan)
- 60.00 g Cos Lettuce
- 20.00 g Red Onions (sliced thinly)

## Instructions

1. Lightly fry bacon until crispy, chop roughly.
2. Wash and drain lettuce, slice onion and avocado.
3. Combine cos lettuce, onion, avocado in a bowl. Top with parmesan cheese.
4. Ceasar Dressing:
5. Whisk egg, sour cream, flaxseed oil, apple cider vinegar, mustard, salt and pepper in a bowl until smooth and well combined.
6. Pour over salad and enjoy.