

Double C Salad

This is the name I gave it because its ingredients, peppers and avocado, are full of Vitamin C.

*Bebetta Campeti - Podere Isabella - Aurora Studio
Monticchiello, Italy*

Take a red pepper, with a sharp knife cut away white filaments and seeds, cut in small squares.

Cut a ripe avocado in medium pieces, mix in with pepper.

Prepare a seasoning with extra virgin olive oil, lemon, chopped coriander, chopped ginger, Tamari soy sauce.

Serve immediately.

http://www.villavita.net/experience_Aurora.htm

In the heart of the Val d'Orcia, which has acted as a dramatic backdrop for many successful films over the years, rests an alluring and peaceful estate comprised of Podere Isabella (the main villa) and the neighboring and amazing wellness-studio of Aurora.

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