



Tuna Stuffed Avocado Bombs

Serves 4

Ingredients

- 2 ripe avocados
- 2 cans [Wild Planet Wild Tuna](#) (it's 3rd party tested for mercury contamination!)
- 1/2 red or yellow pepper, finely chopped
- 1/2 small red onion, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 large lime, juice
- 1/2 tsp [Sherpa Pink Extra Fine Himalayan Salt](#)
- 1/2 tsp [Freshly ground pepper](#)
- 1 TBS [organic Cayenne Pepper](#) (optional)
- 1 TBS [organic turmeric powder](#) (optional)
- Cilantro or parsley for garnish, finely chopped



Directions

1. Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onions and garlic for about 10 minutes, until soft.
2. Cut the avocados in half, remove the seed, and scoop out the meat carefully, setting the skins aside for later.
3. In a large bowl, combine the avocado, tuna, red onion, and pepper.
4. *Note:* Make sure that your tuna is sustainably caught, dolphin safe, tested for mercury, and comes in a BPA-free can, like [Wild Planet Wild Skipjack Tuna](#) or [Wild Planet Wild Albacore Tuna](#) which is my favorite.
5. Juice 1/2 of a large lime and squeeze the juice into the mixture.
6. Season with [Sherpa Pink Extra Fine Himalayan Salt](#), [Freshly ground pepper](#), [organic Cayenne Pepper](#) (optional if you like a little heat), and [organic turmeric powder](#) (also optional, but I try to sneak in some turmeric, one of the **most powerful natural anti-inflammatory foods on Earth**, whenever and wherever I can... and if you can't sneak it in, supplement with the **best whole turmeric supplement** on the market.)
7. Mix all the ingredients well and then scoop the mixture back into the reserved avocado skins. Garnish with some cilantro or parsley and enjoy!