

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Avocado Mango Salsa

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 1 mango, peeled, seeded and diced
- 1 avocado, peeled, pitted and diced
- 4 medium tomatoes, diced
- 1 jalapeno pepper, seeded and minced
- ½ cup fresh cilantro
- 3 cloves garlic, minced
- 1 tsp sea salt
- 2 tbsp fresh lime juice
- ¼ cup chopped red onion
- 3 tbsp olive oil

Directions:

- Mix all ingredients together in a large bowl.