

Recipe

CHUNKY AVOCADO MANGO SALSA



► ► Vegan, raw, gluten-free, oil-free, soy-free, refined sugar-free, nut-free

Yield: 3 cups

Prep Time: 5 min

Total Time: 5 min

INGREDIENTS

1 avocado, cubed
1 large mango (or 2 small), cubed
2 medium tomatoes, cubed
½ lime, juiced
¼ cup cilantro, diced
½ medium red onion, diced

DIRECTIONS

Place all ingredients in a bowl, toss, serve, enjoy!

SADIA BADIEI

Registered Dietitian

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