



Mango Salad



ingredients

- 2 ripe mangos (2 cups chopped)
- 1 red bell pepper (1 cup diced)
- 1/2 cucumber (1 cup chopped)
- 1/4 red onion (1/4 cup thinly sliced)
- 1/4 cup chopped fresh mint
- 2 tablespoons chopped cilantro
- 3 tablespoons lime juice (1 large or 2 small)
- 1 tablespoon olive oil
- 1/2 tablespoon hone or maple syrup
- 1/4 teaspoon kosher salt
- Fresh ground black pepper

instructions

1- Chop the mangos. Dice the bell pepper. Chop the English cucumber. Thinly slice the red onion. Chop the mint and cilantro. Place them all in a medium bowl.

1- In a small bowl, mix the lime juice, olive oil, and honey or maple syrup. Add to the bowl with the mango and vegetables, then add the kosher salt and mix to combine. Lasts up to 3 days refrigerated.