

## MANGO SALSA

2 mangoes, chopped

1 small red onion, chopped

½ cup chopped cilantro

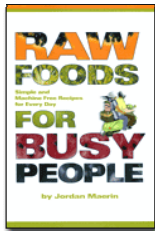
¼ cup lime or lemon juice

Minced peppers of your choice, to taste

1 tsp. sea salt, or to taste

Toss all ingredients. If using hot peppers, add conservatively and let the salsa marinate for an hour before adding more.

Serve with cucumber slices or mild flavored Flax Crackers.



From the book,  
*Raw Foods for Busy People*,  
by Jordan Maerin