INGREDIENTS

1 large semi-ripe mango, peeled and diced 1/2 large cucumber, peeled and diced (inner seeds removed)

1/2 red bell pepper, diced

1 lime, juiced

1/4 cup red onion, diced

1 jalapeno, finely chopped, seeds removed

1/4 cup freshly chopped cilantro

1/2 teaspoon sea salt

1.) Once everything is chopped, toss in a medium bowl, add more lime and salt based on your preference.

2.) Refrigerate for 20 minutes before serving. Store

in airtight container. Fresh up to 3 days.



Nutrition: 264 calories, 5 g protein, 2 g

