

Fresh Mango Salsa

6-7 organic tomatoes finely diced

½ organic purple onion finely diced

1 small organic jalapeno finely diced

½ organic mango finely chopped

2-3 organic garlic cloves finely diced

½ cup organic cilantro leaves chopped

1 organic lime juiced

Real or pink Himalayan salt added to taste

Add all ingredients into a bowl and mix well. Organic or non-GMO produce is best for salsas. This recipe is great for chelating heavy minerals, cleansing the blood, and boosting the immune system.

Recipe by Kelly Pomeroy