

Caribbean Salad

Unit: Food Cutter Machine

3 - Granny Smith Apples
2 - Large Ripe Mangos
Dash of Cayenne Pepper

3 - Tbsp Fresh Mint
2 - Large Limes

First, peel the mango and slice vertically on each side of the pit to remove the meat. Next, cut the mango into cubes with a knife.

Use the #3 blade on the cutter machine to cut the granny smith apples. Dice the mint very finely on a cutting board and then cut the limes in half. Combine all ingredients and squeeze the lime juice over the fruit. Mix thoroughly and enjoy!



HEALTH QUEST