

Pineapple Mango Tropical Salsa

Ingredients

- 1 cup pineapple cut into Small chunks
- ½ mango, diced
- ½ onion, finely chopped or 3 green onions, finely chopped
- 1 medium tomato, seeded and diced
- ½ cup fresh cilantro
- 2 tbsp lime juice
- 1 tbsp extra Virgin olive oil
- ½ tsp sea salt

Why It's Good For You

Pineapples are a good source of vitamin C and B, Folate, thiamine, iron and manganese. Pineapples are also high in fibre, which helps to lower cholesterol.

Pineapples also contain an enzyme called bromelain which assists in protein breakdown, similar to papain in papaya.

What You Do

1. Combine all of the ingredients
2. Allow to stand at room temperature before serving
3. Use in taco, with corn chips or in a burrito.
4. ENJOY!