

# NOURISH

holistic health & nutrition

## *Mango + Pineapple Salsa*

Serves: 8      Prep Time: 10 minutes

### ***Ingredients***

- 1 ripe pineapple
- 2 ripe mangos
- 1 small red onion, chopped
- 1 whole bunch of cilantro, chopped
- juice of 3 limes
- 1/2 a jalapeno finely chopped
- sea salt to taste
- black pepper to taste

### ***Instructions***

1. Peel, core + roughly chop the pineapple + mangos.
2. In a medium bowl, mix together pineapple, mangos, chopped red onion, cilantro + jalapeno.
3. Add lime juice, sea salt + pepper to taste.
4. Delicious on fish, or with some tortilla chips! Enjoy!