

# Fresh Mango Salad

Unit: Food Cutter Machine

3 - Granny Smith Apples cut on #3 Blade

3 - Tbsp of Fresh Mint

2 - Large Limes

2 - Large Ripe Mangos

Dash of Cayenne Pepper

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.

Finally combine the ingredients and squeeze the lime over the fruit. Mix thoroughly and enjoy!