

FRESH GREEN SALAD WITH FENNEL, CILANTRO & MANGO, WITH A HONEY, MUSTARD & GARLIC DRESSING

Salad Ingredients

- ◆ 1 lettuce/bag of lettuce leaves. (The darker the greens the better). Preferably organic.
- ◆ 1 fennel bulb
- ◆ 1 ripe mango
- ◆ 1 bunch of cilantro

1. Roughly tear the salad leaves and place in a salad bowl.
2. Finely chop the fennel bulb and add to the bowl.
3. Roughly chop the cilantro and add.
4. Chop up the mango in small pieces and add.

Salad Dressing Ingredients

- ◆ Half a cup of extra virgin olive oil
- ◆ One third of a cup of balsamic vinegar
- ◆ 1 tablespoon of raw honey
- ◆ 1 tablespoon of coarse grain mustard
- ◆ 2 cloves of garlic
- ◆ A little Himalayan crystal salt and pepper to taste

Place all the ingredients in a blender and blend for up to 30 seconds.

Refrigerate dressing.

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