



Vitality Natural Health Centre

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Sweet & Tangy Salsa

½ cup minced fresh cilantro
1 green bell pepper seeded & finely chopped
1 red bell pepper seeded & finely chopped
1 sweet red onion, minced
2 cups minced fresh pineapple
6 Tbsp olive oil
Juice of 3 limes

Combine all ingredients in a bowl. A delicious sight for the eyes and delicious taste for the palate, served on baked fish or grilled chicken.