

Mexican Summer Salad for 3



What?

1. Diced papaya – 2 cups
2. Diced bell peppers – 1 cup
3. Minced red onions – 1/4 cup
4. Minced jalapenos – ¼ cup
5. Minced cilantro – ½ cup
6. Salt, pepper
7. Juice of two limes
8. Plant-based sour cream – 1 cup

How?

Mix all ingredients, enjoy and tag @sankarahealth with #givethegiftofhealth