



RECIPE | PEPPERS

RAINBOW FRUIT & VEGGIE SALAD



20 min

20 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

FOR THE SALAD:

1 Pure Flavor® Red Sweet Bell Pepper, chopped
2 Pure Flavor® Mini Cucumbers, chopped
1 cantaloupe, chopped
2 cups mango chunks
1 cup blueberries
1 cup red seedless grapes

FOR THE DRESSING:

1 cup mango chunks
¼ cup olive oil
2 tbsp date syrup
1 tbsp apple cider vinegar
1 cup sea salt



DIRECTIONS

- 1 In a high-speed blender or food processor add all dressing ingredients and blend until smooth.
- 2 In a large bowl add all salad ingredients and pour the dressing. Mix until well combined.
- 3 Refrigerate for at least 10 minutes and enjoy cold!

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