



Berry Salad:

Ingredients:

1 cup blackberries

1 cup strawberries, quartered

1 mango, peeled and sliced thin

Sea salt

Cayenne pepper (optional)

Squeeze of lemon

2 tsp balsamic reduction.

Directions:

Lay sliced mangoes on a plate and sprinkle with salt (and cayenne if using).

Mix berries with lemon and reduction.

Lay berries on top.

