



Mixed Bean Salsa

INGREDIENTS

6 small-medium ripe
tomatoes

1 green bell pepper

1 red, yellow, or orange bell
pepper

1 ripe yet firm Avocado

1 small red onion

225g package of **Eatmore
Mixed Bean Sprouts**

1 jalapeno pepper (optional,
depending on how spicy you
like it!)

2 cloves of garlic (crushed)
handful of chopped fresh
cilantro

Juice of one lime

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Eatmore Sprouts & Greens can be found in the
produce section of your local grocery store or at
www.eatmoresprouts.com

INSTRUCTIONS

Dice all ingredients and combine in a bowl with: Eatmore Mixed Bean Sprouts

This recipe is best prepared a couple of hours in advance to allow the flavours to mingle. Remove from fridge before serving at room temperature.

Serve with organic tortilla chips or Belgium Endive leaves for dipping.

