

Spicy Mango Salad

Brought to you Lucas Rockwood by [YOGABODY Naturals LLC](http://www.YogaBodyNaturals.com)

Ingredients

- * 1 large, firm mango, chopped or shredded
- * a few handfuls Romaine lettuce
- * a small bunch of coriander, chopped
- * 1/4 onion, finely chopped
- * 1/2 lemon
- * 1 Tbs cold-pressed olive oil
- * 1/2 tsp sea salt
- * 1/2 tsp chili (I like cayenne pepper)
- * sesame seeds, to garnish



Instructions:

1. Mix together the mango, lettuce, coriander and onion
2. Squeeze over the lemon juice
3. Sprinkle over your sesame seeds - these'll add crunch and dryness to a very wet salad
4. Add your olive oil, and season with salt and chili powder
5. Plate and serve

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LUCAS ROCKWOOD is a yoga teacher trainer, an author, and the founder of YOGABODY Naturals, an education and food supplement company that creates powerful yoga tools for real people.

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