

Recipe for: Jicama-Red Apple Mint Salad

Ingredients:

1 cup jicama
2 cups baby spinach
1 red apple
1 tsp. fresh mint
1 lemon
Olive oil
Real Salt (Real Salt or your choice of natural sea salt)

Preparation:

Peel jicama, and then slice jicama and apple into thin strips, placing into lemon water to avoid discoloration.

Chop fresh mint.

Mix drained and dried jicama, spinach, apple and mint in a bowl.

Toss with a drizzle of olive oil and a pinch of salt.