



# PURIFYING TOMATO SALSA

Serve with baked wholegrain tortilla chips

Skin Concern:



Congestion

# Murad Method™ Skin Health Plan

**This recipe was specially developed to purify your skin.** It will encourage you to Live Better by providing your body with high-quality nutrition without needlessly stressing about food choices.

## Purifying Tomato Salsa

**Serve with baked wholegrain tortilla chips.** (Serve chilled)

- **350g tomatoes**, chopped
- **35g onions**, chopped
- **110g chopped green chillies**
- **15g fresh coriander**, chopped finely
- **2 tablespoons lime or lemon juice**
- **1/4 teaspoon reduced sodium sea salt**
- **Optional: hot sauce to taste**

**Tomatoes** are an excellent source of antioxidant vitamins A and C, which support internal repair of damaged skin tissue and accelerate cell turnover. Tomatoes also contain lycopene, which is known to strengthen the immune system to help prevent future breakouts.

**Onions** contain sulphur compounds that assist in detoxifying the system. They are known for their powerful antimicrobial and anti-inflammatory properties that help the body to combat breakouts and reduce redness.