



# ANTI-AGEING MANGO SALSA

Serve with wholewheat pitta bread or wholegrain tortilla chips

Skin Concerns:



Hyperpigmentation



Lines and Wrinkles



Loss of Firmness

# Murad Method™ Skin Health Plan

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

## Anti-Ageing Mango Salsa

**Serve with wholewheat pitta bread or wholegrain tortilla chips.** (Serve chilled)

- **1 mango**, diced
- **1 tomato**, diced
- **1 small white onion**, diced
- **15g fresh coriander**, chopped
- **1 jalapeño**, diced
- **2 teaspoons extra virgin olive oil**
- **1 tablespoon lime juice**

**Mangos** are a youth-building fruit that are an excellent source of vitamin A, beta-carotene, and vitamin C. Together, they help build collagen and maintain healthy skin.

**Jalapeños** are an excellent source of vitamin C and capsaicin - a potent antioxidant which helps prevent cell damage from free radicals and slows down the ageing process.