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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Spinach Salad with Mango and Papaya

By **Richard Massey**

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This is a great summer salad, leaving you refreshed even on the hottest days. For those who like to have a little protein with there salad, both grilled chicken or shrimp go well with this dish. Don't let the number of items scare you, this is a simple recipe and well worth the extra time. Great for the family or summer parties.

Spinach Salad

Makes 1 salad 4 oz. Spinach - cleaned and stem removed 2 oz. Mango - peeled, seeded and diced into ¾" pieces 2 oz. Papaya - peeled, seeded and diced into ¾" pieces 2 oz. Mandarin oranges ½ oz. Red onion - julienne 2 Tbsp. Slivered almonds - toasted 2 oz. Lime vinaigrette (recipe follows) 1 ea. Lime slices

Combine spinach red onion and lime vinaigrette in a bowl and toss. Place on plate and top with mango, papaya, mandarin oranges and slivered almonds. Garnish with lime slice.

Lime vinaigrette

Yields 4 cups 4 oz. Lime marmalade 6 oz. Fresh lime juice 4 tsp. Sugar 4 tsp. Orange juice concentrate - undiluted 2 ½ oz. Cider vinegar 2 tsp. Kosher salt 1 tsp. Sambal olek (chili paste) 1 ½ tsp. Dijon mustard ½ tsp. Ground coriander 1 Tbsp. Poppy seeds 2 cups Canola oil 3 oz. Olive oil

Combine and mix all ingredients except the oils in a mixer. Slowly add the oil on medium speed until vinaigrette is emulsified. Store in an air tight container and refrigerate.

Chef Richard has worked in some of the finest restaurants in Washington and is the author of the ebook "Chef's Special". You can find more free recipes and order the ebook at

<http://www.csrecipes.com>

Best Recipes: Southwestern Mango Smoothie

By Donna Monday

Looking for a great mango smoothie? Try a Southwestern Mango Smoothie. The mango goes west for this variation of the popular fruit smoothie drink. Mangoes are becoming more common in the U.S. and other western countries and this is the perfect smoothie for all you mango lovers.

This Southwestern Mango Smoothie uses lush tropical fruits. Instead of the mango, you can use either papaya or guava. Add a banana and yum. This is a simple way to get your mango on!

Southwestern Mango Smoothie 1/2 cup banana, sliced 2 cups milk 1/2 cup mango, papaya, or guava 1 tablespoon honey

Directions

Use only one kind of tropical fruit (mango, papaya or guava) above.

Place all ingredients in food processor. Cover and process on high speed until smooth. Strain if using mango.

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Donna Monday

Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>

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