



# Recipes

## Sauces and Dressings

### Apple Salsa

*Prep Time: 10 minutes*

*Cook Time: none*

*Yield: 4 servings*

#### **Ingredients:**

3 apples, peeled, cored and chopped  
1 medium sweet onion, diced  
¼ cup fresh cilantro, chopped  
1 tablespoon fresh mint, chopped  
2 teaspoons lime juice  
¼ cup flaxseed or olive oil  
1 tablespoon maple syrup

#### **Directions:**

1. Mix all ingredients together.

#### **Notes:**

- If you want smooth salsa, place half of the mixture in a food processor or blender and pulse for 1-2 seconds to chop the mixture, not purée.
- Try with different apples or combine 3 different types.
- This is great with baked chips, grilled veggies or in Mexican dishes.