

Mango Blackberry and Basil Summer Salad

11 ingredients · 10 minutes · 8 servings



Directions

1. Juice oranges and combine orange juice, oil, apple cider vinegar, honey and salt. Place in a blender to combine and blend until the dressing is nice and creamy. Set aside while you prepare your salad.
2. Chop lettuce, cucumbers, green onions, mangos and basil leaves. Place lettuce in large bowl or divide between bowls and add in toppings, finish by drizzling over dressing and top with fresh basil ribbons. Serve as a side dish or add your favourite leftover protein source and enjoy as a meal.

Notes

Make into a Complete Meal

Add your favourite protein source such as chicken, shrimp or tempeh.

Ingredients

- 2 heads** Leaf Lettuce (chopped)
- 1 clamshell** Blackberries Or Blueberries (use blueberries for a Low FODMAP option)
- 1 1/2** Mango (or pineapple for a Low FODMAP option, diced)
- 3** Green Onions Or Chives (chopped)
- 1/2** Cucumber (large, chopped)
- 1/4 cup** Basil Leaves (add up to 1/2 cup, chopped into ribbons for topping)
- 1 1/2** Navel Orange (juiced, for dressing)
- 2 tbsps** Apple Cider Vinegar
- 2 tbsps** Extra Virgin Olive Oil (up to 1/2 cup, to taste)
- Raw Honey Or Maple Syrup (add to taste, approx 2 tsp)
- Sea Salt (add to taste)