**Blueberry and Mango Salsa :**

*This recipe is full of antioxidants provided by the blueberries and mangos.*

Produces 250 ml (1 cup). Advice: Double the recipe, you will want more than the amount produced.

**Price per portion : 0,15$**

**Preparation:** 5 minutes

**Ingredients**

* 15 to 30 ml (1 to 2 tbsp.) of [Epicure Pico Salsa Mix](http://www.epicureselections.com/fr/produits/produits-alimentaires/condiments/1001616/m%C3%A9lange-pour-salsa-pico/)—optional
* 125 ml (1/2 cups) of fresh diced mangos
* 125 ml (1/2 cups) of fresh or frozen blueberries
* 2.5 ml (1/2 tsp.) of lime juice
* Fresh coriander
* Coriande fraiche
* French shallots or green onions

**Méthode**

1. In a bowl, combine the Pico Salsa Mix, the mangos, the blueberries and the lime juice, if desired. Refrigerate 30 minutes before serving.

**Per portion (30 ml (2 tbsp.)):** Calories 10, Lipids 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 15 mg, Carbohydrates 3 g (Fibers 0 g, Sugars 2 g), Proteins 0 g.