

MINTY MANGO SAUCE

INGREDIENTS:

- 1 mango** (fresh or frozen); **or 2 frozen mango cheeks; or an equal amount of diced mango pieces** (fresh or frozen)
- 10 mint leaves** (adjust to taste)
- ½ cup of revitalized or pure spring water water** (adjust to thickness)

DIRECTIONS:

Wash and peel* the fresh mango, or wash the frozen mango cheeks/pieces. If using fresh mango or mango cheeks, dice them into smaller pieces and place into a blending container.

Wash the mint leaves well, add them to the mixture, and blend into a purée.

While blending, add a small amount of water to achieve the desired thickness.

Pour into a pan and sauté with meat or fish. Do not over cook.

ENJOY this delicious, naturally sweet sauce with lamb morsels/cutlets, chicken, hen, or fish!

Serves 2

Use **organic** ingredients

Suitable for O & B blood types

Native of S and SE Asia, the **mango** contains a variety of antioxidants, fiber, and nutrients, such as beta and alpha carotene, polyphenols, lutein zeaxanthin, folate, vitamins C, A, E, K, and B complex, potassium, magnesium, and traces of other minerals. The pulp of this sweet tropical fruit can be used as a juice, sauce, and dessert; or in smoothies, curries, ice cream, and chutneys.

For the best flavor, select mangos that are ripe but firm and mint that is dark green and leafy.

*Instead of peeling, which can be messy, cut off half (a cheek) on each side of the mango close to the pit. Then, cut a tick-tack-toe design into the flesh of the mango. Hold the mango, flesh side up, with both hands and push up on the skin side to elevate the square mango pieces. Then, simply cut them off the skin.

Mint contains a good amount of dietary fiber, manganese, copper, iron, magnesium, potassium, calcium, vitamins A, C, and folate.

Native to temperate temperate areas of Europe, Asia, and Africa, mint comes hundreds of varieties and has a long history. Its name is derived from the nymph *Menthe*, who was turned into a plant by the goddess Proserpina, when she found out that Pluto was in love with *Menthe*.

Greeks used it to clean their banqueting tables and added it to their baths for stimulation.

Romans used it in sauces, as an aid to digestion and as a mouth freshener. They also brought it to Britain. Monks used it in medieval times for its culinary and medicinal properties.

Mint is widely used as a relaxant, breath freshener, and in products such as in tooth paste, herbal teas, candy, chewing gum, and mouth washes. It's menthol oil is very soothing for nausea and motion sickness. The aroma of mint assists digestion by activating the salivary

glands and stimulating the glands that secrete digestive enzymes. With its germicidal qualities, mint is also effective in clearing up congestion of the nose, throat, bronchi, and lungs providing relief for respiratory disorders, asthma, and the common cold. Extracts from mint leaves inhibit the release of histamines to alleviate hay fever and allergies. Mint juice is a soothing skin cleanser, which helps cure infections and itchiness making it useful for insect bites. White mint oil is a good antiseptic and anti-pruritic substance.

Mint grows well in damp moist conditions but requires sunshine for its leaves.

Select both fresh and dried mint that is organically grown to insure they have not been irradiated. Fresh mint should be deep green and firm. Store it in a plastic bag or closed container in the fridge, where it will keep for several days. Dried mint will keep fresh up to twelve months if stored in a closed glass jar in a cool, dark, and dry place.