



RECIPES

Melon and Mango Salad

1 Cantaloupe Melon
½ cup seedless black grapes, halved
½ cup red grapes, halved
1 large Mango, cubed
1 bunch watercress
1 Belgian endive sliced thinly crosswise

Dressing for Greens
2 tbsp. e.v. olive oil
1 tbsp. red wine vinegar
1 passion fruit's seeds or sunflower seeds
Real Salt
Dash cayenne