

Recipe – Banana Salsa

Ingredients:

- 3 large, firm bananas
- 1 red bell pepper, seeded and diced
- 1 orange pepper, seeded and diced
- 1 yellow pepper, seeded and diced
- ¼ cup chopped fresh cilantro
- 4 green onions, chopped fine
- juice of one lime
- juice of one lemon
- 1 TBS coconut crystals or brown sugar
- 1 TBS fresh grated ginger root
- 1 TBS teaspoons olive oil
- 1 teaspoon minced habanero pepper or hot sauce to taste
- salt to taste

Directions:

Place the chopped vegetables in a large bowl.

Wisk together the juices, coconut crystals, ginger, olive oil, pepper and salt.

Toss.

Just before serving, peel and dice the banana and toss in.

Makes 10 – 12 servines.