

Foodnity Recipes

Avocado Mango Salad with Lime Dressing

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Salad

- [ ] 2 ripe avocados, diced
- [ ] 2 ripe mangoes, cubed
- [ ] 1/4 red onion, thinly sliced
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] Salt and pepper to taste

Lime Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp honey (or maple syrup for vegan)
- [ ] 1 garlic clove, minced
- [ ] Pinch of sea salt

Instructions

1. Gather all ingredients and set a large bowl nearby; I like to have everything ready before I start.
2. Dice the avocados and mangoes into uniform cubes; this ensures each bite has a balanced mix of creaminess and sweetness.
3. In a small jar, combine lime juice, olive oil, honey, minced garlic, and a pinch of salt; shake vigorously until emulsified.
4. Place the diced avocado, mango, and sliced red onion in the large bowl; gently toss with a sprinkle of salt to keep the avocado bright.
5. Drizzle the lime dressing over the fruit mixture; toss lightly, being careful not to mash the avocado.
6. Finish with chopped cilantro and a final pinch of pepper; serve immediately or chill for 10 minutes.

Nutrition per serving

280 kcal	4 g	24 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mango is very ripe, reduce the honey slightly to avoid excess sweetness.
- For added crunch, sprinkle toasted pumpkin seeds just before serving.
- A dash of smoked paprika can add a subtle depth if you enjoy a gentle smoky note.