



SPORTS NUTRITION RECIPES



Orange-Jicama Salsa

By Breeze Brown, RD

What You'll Need:

- 1 medium orange, peeled, chopped
- ½ cup chopped peeled jicama
- ¼ cup chopped tomatillos
- ¼ cup chopped red onion
- 2 tbsp. chopped fresh cilantro
- 1 tbsp. lime juice
- 1 tsp. organic honey
- ¼ tsp. salt

Putting it together:

1. Combine all ingredients in Tupperware container.
2. Put Tupperware lid on and refrigerate for 2 hours.