

## *MANGO CHUTNEY*

2 cups mango, chopped  
2 tablespoons fresh lemon juice  
1 1/2 teaspoon raw apple cider vinegar  
2 tablespoons stone-ground mustard  
1/4 teaspoon Celtic sea salt  
2 cloves garlic, peeled and crushed with a garlic press  
1 1/2 teaspoon agave nectar  
1 bunch fresh cilantro, chopped  
1/4 cup red bell pepper, finely chopped  
1/4 cup red onion or scallions, finely chopped  
1/4 teaspoon cayenne pepper\*

In a mixing bowl, combine all of the ingredients, mix well, and serve.

\* This version is mildly spiced, but feel free to double the amount of cayenne.

(From Matt Amsden's book: RAWvolution)