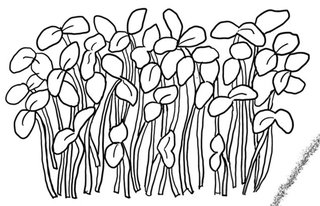
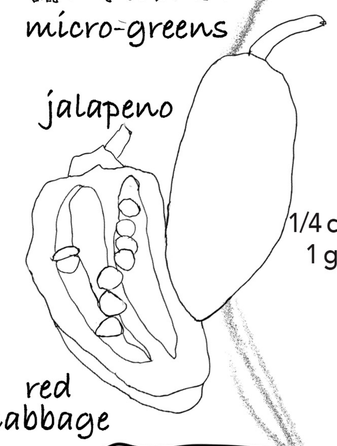
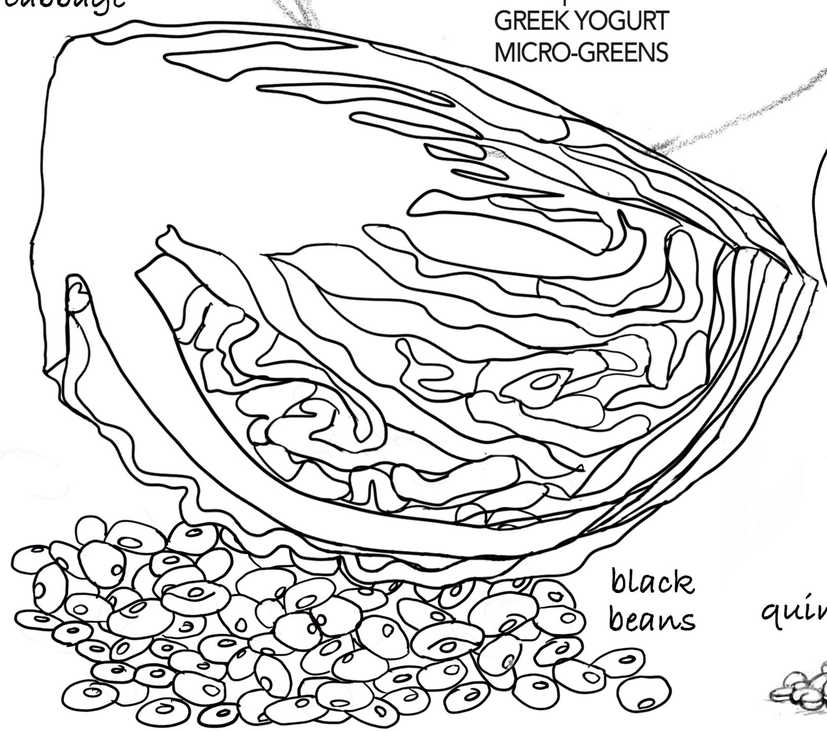
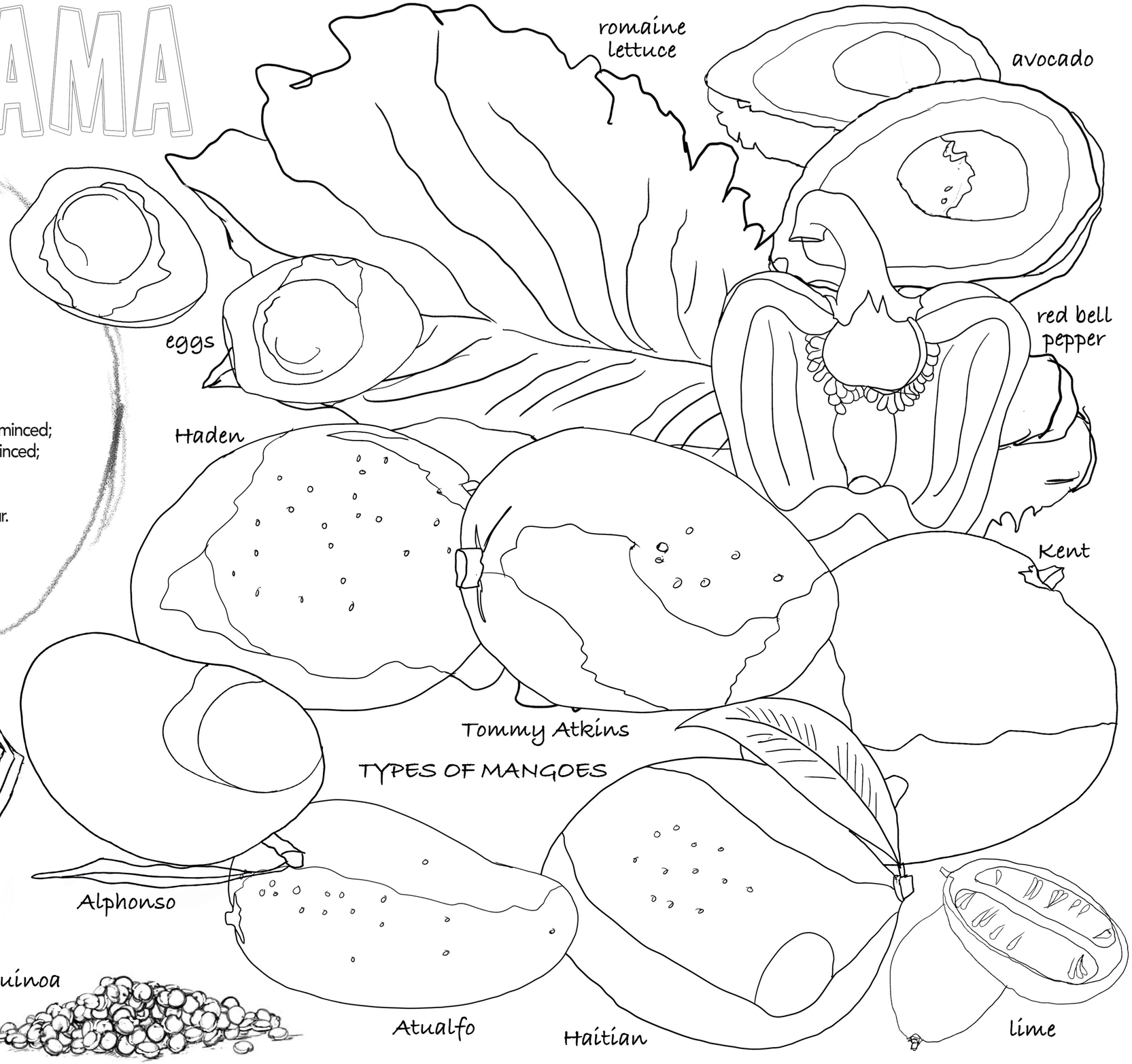
MANGO MAMA

1 or 2 EGGS, poached or jammy
AVOCADO, half, sliced or cubed
RED BELL PEPPER, 1/2 c, chopped
BLACK BEANS, 1/3 c, cooked
QUINOA, 3/4 c, cooked
RED CABBAGE, 1/4 c, pickled
MANGO, 1/4 c, cubed
ROMAINE LETTUCE, 3/4 c, torn

MANGO SALSA
1/4 c lime juice; 1/3 c mango, diced; 1 jalapeno, minced;
1 garlic clove, minced; 2 TBSP fresh cilantro, minced;
and a dash salt

Blend together and let sit at least one hour.

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