Try a Magnificent Mango!

Looking for a new, fresh fruit that’s full of flavor?

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Compared to other fruits, mangoes contain over 20 different vitamins and minerals.

Mangoes are not high in calories and can be eaten at different stages of ripeness.

Slice mangoes for a salad, dice them for a salsa, blend them in a smoothie, or just enjoy them right off the grocery stand.

Zesty Mango Salsa

For a zesty salsa mix some chopped mango, cucumber, jalapeno, onion, cilantro, and lime juice in a bowl.

Enjoy with whole grain tortilla chips or as a topping for tacos or baked fish.

Need a refreshing summer drink? Blend mango, low fat yogurt and milk until smooth. Add a pinch of cardamom and a sprig of mint for extra flavor.