



# The Model Cook

## Creating a Life of Joy

### **Spinach & Mango Salad with Coconut Yoghurt Dressing!**

2 cups Organic, fresh Baby Spinach leaves  
½ Fresh, organic mango cut into cubes  
¼ cup organic, rolled oats  
½ cup “live” Coconut yoghurt  
1 tsp Apple Cider Vinegar  
¼ Lemon, squeezed juice  
1 tsp, heaped, raw organic honey

In large bowl mix spinach, mango cubes and oatmeal. In separate bowl mix well, yoghurt, vinegar, lemon juice and honey. Pour coconut dressing over spinach mix. Blend well.

**Eat & enJOY!**