

# Fresh Tomato & Cucumber Salsa - Clean & Boosted Edition

## Ingredients:

- 3 Roma tomatoes, seeded and finely diced
- 1 cucumber, peeled, seeded, and finely diced
- red onion, finely diced
- 1-2 tablespoons fresh basil, chopped
- cup crumbled feta (optional - use a clean brand or dairy-free alternative)
- 1 tablespoon balsamic vinegar (gluten-free certified)
- teaspoon garlic powder
- 1 capful Plant Derived Minerals (mix into the salsa just before serving)

## Directions:

1. In a medium bowl, combine the tomatoes, cucumber, red onion, and basil.
2. Add the balsamic vinegar, garlic powder, and optional feta.
3. Just before serving, mix in the Plant Derived Minerals to keep the nutrients active and raw.
4. Toss gently and let chill for 5-10 minutes for flavors to meld.

## Why This Rocks:

- No gluten
- No oil
- Rich in antioxidants & hydration
- Boosted with trace minerals your body craves

Serve it as a side to grilled chicken, spoon over lettuce wraps, or scoop with gluten-free chips. Heck, just eat it with a