



Creative Juices
Consulting

Fresh Salsa

½ fresh red onion, peeled and cut into chunks
1 banana pepper, quartered seeds removed (mild or hot depending on desired taste)
1 bell pepper, quartered and seeds removed
2 garlic cloves
3 large Heirloom tomatoes, quartered
1 small slice lime, peeled
Pinch salt
Pinch cayenne (optional)
Fresh cilantro

Directions

- 1. Place all the ingredients into the VitaMix® container in the order listed and secure lid.**
- 2. Select Variable 1 and increase to 3.**
- 3. Turn machine on and off slowly for a pulsing action.**
- 4. Continue to pulse until desired consistency is reached.**