



*Sea of Colors*  
**ORANGE SACRAL CHAKRA RECIPE**

# Sacral Chakra Orange Fruit Salad

by Kimberly Bizjak

## Ingredients

- 1 orange
- 2-3 mandarins or tangerines
- 1 small mango
- Optional: sliced almonds

### Dressing:

- 1 tsp lime juice
- 1/8 tsp cinnamon
- 1/4 tsp maple syrup or agave

## Directions

1. Peel and chop the fruit into bite-sized pieces
2. Mix sauce ingredients in a small bowl.
3. Combine fruit and dressing.
4. Top with sliced almonds if desired.