Fruit Salad With Chia Seeds

Source: Gloria Huerta

Chia seeds contain fiber, protein, omega-3 fatty acids, and a variety of vitamins!

About the Recipe

243 Calories · 4.7 g Protein · 7.8 g Fiber
Snack · Dessert
Gluten-free

Ingredients

Makes 4 Servings

- 1/3 sliced papaya, seeded
- 1 nectarine
- 1 melon
- 1 1/2 c (2.25 g) grapes
- 1 orange
- 1 apple
- 1 mango
- 1 banana
- 1/4 c (62 g) amaranth, puffed or precooked
- 1 tbsp (15 mL) chia seeds
- 2 tbsp (30 mL) sliced almonds

Directions

1. Cut all the fruit into pieces, except for the bananas. Mix well.
2. Cook the amaranth according to the package directions if not puffed or precooked.
3. Sprinkle with sliced almonds, chia seeds, and puffed amaranth. Finish by adding banana slices just before serving.

Nutrition Facts

Per serving:

Calories: 243

Fat: 3.5 g

- Saturated Fat: 0.5 g
- Calories From Fat: 12%

Cholesterol: 0 mg

Protein: 4.7 g

Carbohydrate: 53.9 g

Sugar: 40.6 g

Fiber: 7.8 g

Sodium: 62 mg

Calcium: 78 mg

Iron: 1.6 mg

Vitamin C: 121.2 mg

Beta-Carotene: 3,636 mcg

Vitamin E: 2.2 mg