Fantastic Fruit Salsa With Cinnamon Chips

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

Find this recipe and more in *Your Body in Balance* by Neal Barnard, MD!

About the Recipe

181 Calories · 4 g Protein · 5 g Fiber
Snack · Dessert

Ingredients

Makes 2 Servings

- 2 c (336 g) diced fruit, such as peaches, pineapple, watermelon, mango, and strawberries
- 1 lime, juiced
- 1/4 cup diced red onion **optional*
- to taste minced jalapeno **optional*
- to taste fresh cilantro **optional*
- 3 6-inch corn tortillas
- 2 tsp (10 mL) cinnamon sugar

Directions

1. For the cinnamon chips, preheat the oven to 375 F (191 C) and line a baking sheet with parchment paper. Cut tortillas into triangles and place in a single layer on pan. Sprinkle with cinnamon sugar. Bake 5-10 minutes, or until chips are crisp.
2. For the fruit salsa: Mix fruit, lime juice, and optional ingredients in a bowl until well combined.

3. Serve the fruit salsa on top of the cinnamon chips.

Nutrition Facts

Per serving (1/2 of recipe)

Calories: 167 kcal
Fat: 1.5 g
    Saturated Fat: <0.5 g
    Calories From Fat: 7%
Cholesterol: 0 mg
Protein: 3.5 g
Carbohydrates: 34 g
Sugar: 18 g
Fiber: 5 g
Sodium: 18 mg
Calcium: 55 mg
Iron: 1 mg
Vitamin C: 59 mg
Beta-Carotene: 406 mcg
Vitamin E: 0.8 mg