

# Fruit Salad With Chia Seeds

Source: Gloria Huerta, Food for Life instructor, Los Angeles

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***

- sliced papaya, seeded (1/3)
- nectarine (1)
- melon (1)
- seedless red or green grapes (1 bunch)
- Valencia orange (1)
- gala apple (1)
- mango (1)
- banana (1)
- amaranth (1/4 cup)
- chia seeds (2 tbsp.)
- sliced almonds (2 tbsp.)

## 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.&nbsp; 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

**Carbohydrates:** 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